local p.4

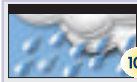
metro®
Thursday, May 22, 2008 metronews.ca Calgary

entertainment p.24

war of words
Denise denies asking Sheen's fiancée for some of his sperm
celeb buzz p.30

plan, plan, plan
How to get the most of — and survive — renovations
homerenos inside

thrill of the grill
Popular tips, 'secrets' from barbecuers across country
food p.22



ROBIN KUNISKI FOR METRO CALGARY

King Eddy set for makeover

The Cantos Music Foundation will be jazzing up the King Eddy Hotel after winning the contract to renovate the landmark building.

The Calgary Municipal Land Corporation chose Cantos, a musical museum, over its two competitors because it offered the best proposal.

The King Eddy was shut down in 2004 because of mould, but since the Municipal Land Corporation is re-developing the East Village area, the locally renowned building will be brought back to life.

KRISTA SYLVESTER/METRO CALGARY

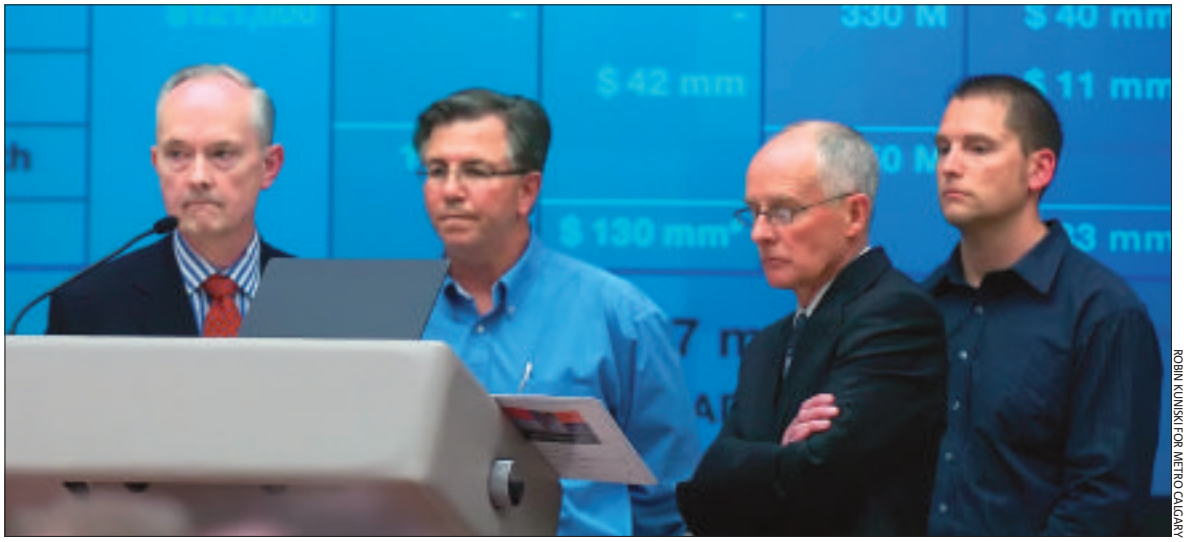
Alberta drafts land-use plan

Alberta will be split into six regions to help "strengthen the balance" between economic planning and the environment — one of six strategies in a proposed land use plan unveiled by the Tory government yesterday.

"Our object is to manage growth, not stop it," said Sustainable Resource Minister Ted Morton.

Morton says municipal government can still make decisions on new developments at a local level, but those decisions must be consistent with province's regional plan.

METRO EDMONTON



ROBIN KUNISKI FOR METRO CALGARY

Ron Goodfellow, left, who drew up an alternate West LRT route, Errol Stewart, chairman of Best West LRT, Ralph Garrett, VP Infrastructure, and Peter Rishaug, spokesman of Best West LRT, all pleading their case at city hall for alterations to the city's planned West leg of the LRT.

Marathon LRT meeting

Citizens post concerns over West alignment at 12-hour meeting

By **NEIL MACKINNON**
Metro Calgary

Yet-to-be-laid track was repeatedly ripped up.

An incessant parade of citizens passionately posed their concerns over Calgary's West LRT alignment at a marathon Land Use, Planning and Transportation meeting that lasted at least 12 hours yesterday, lambasting the city for everything from potential noise and safety to a lack of consultation and elevated rail lines.

> *« Quite literally, we've had trucks that have hit LRTs due to inexperienced drivers or whatever, trying to meet response times. »*
> *Calgary fireman Bryan Rose*

"Human spirit does not thrive under such obstructions, nothing of any value does," said 20-year Westgate/Glendale resident David Boland in his five minutes at the microphone down the backstretch of the public hearing portion, clocked at three hours and 45 minutes, not including questions.

While the final vote hadn't been conducted as of press time, Ald. Diane Colley-Urquhart moved to file the fourth recommendation of the motion that would have increased the potential for the westbound line down the middle of Bow Trail at a cost of $16 million citing a lack of support.

Best West LRT kicked off the public feeding frenzy indicating a route they've researched, running north and south along existing CP Rail lines, and at or below grade "wherever possible" could save the city up to $63 million and indicated a new willingness on the part of CPR to negotiate a deal for the land, an assertion confirmed by Ald. John Mar, who said he met with the railway Tuesday.

Calgary fireman Bryan Rose, who lives north of Bow Trail on the edge of Shagnappi Golf Course, speaking as a citizen said safety concerns must be a priority, especially in the downtown core where the fire department has had run-ins with LRT's en route to emergency calls.

"Quite literally," he said, "we've had trucks that have hit LRTs due to inexperienced drivers or whatever, trying to meet response times."

–neil.mackinnon@metronews.ca

Home and mobile are now one.
Unlimited local calls at home.
Compatible equipment required. Other charges and taxes apply. Visit fido.ca for details.
Add to your plan for $15 per month

fido
FIDO UNO

Free Daily News Group Inc., operating as Metro Calgary. 120, 3030 - 3 Avenue NE, Calgary, Alberta T2A 6T7. Publisher: Steve Shrout

Email to go.

With email on your phone, it's like having your computer everywhere you go. Send and receive emails with attachments. Receive new email notifications. And sync your calendar and address book directly from your computer. Plus, with added security features such as device lock and wipe, and password protection, your information is always safe and secure. That's Mobile email. Exclusively from Bell.

Only $15/mo.

Available at the following Bell stores:

CALGARY
509 – 2nd St. S.W.
1002 – 17th Ave. S.W.
9650 Harvest Hills Blvd. N.E.
Beacon Hill Centre
Chinook Centre
Crowfoot Crossing
Deerfoot Meadows
Deerfoot Outlet Mall
Eaton Centre
Market Mall
Marlborough Mall (kiosk)
North Hill Shopping Centre (kiosk)
Northland Village
Shawnessy Village
Southcentre Mall
Southpointe Shopping Centre
Sunridge Mall
Westbrook Mall

CANMORE
105 – 802 Bow Valley Trail

EDMONTON
3918 White Mud & 17th St.
6143 28th Avenue
9774 170th Street
10103 107th Avenue
10157 – 101st St.
12804 82nd Street
14808 Stony Plain Rd.
18563 Stony Plain Road
Bonnie Doon
Edmonton City Centre
Edmonton City Centre Kiosk
Kingsway Garden Mall
Londonderry Mall
Mill Woods Town Centre
Northgate Centre
Sherwood Park Mall
South Edmonton Common
Southgate Mall (kiosk)
St. Albert Centre
St. Albert Trail at 137th Avenue
Terwilleger Gardens
West Edmonton Mall
Westmount Centre
Whyte Avenue at 107th Street

EDSON
33045 St. Unit 104

FORT MCMURRAY
Clearwater Landing
Peter Pond Shopping Centre

GRANDE PRAIRIE
Prairie Mall

LEDUC
4916 50th Ave.

LETHBRIDGE
Lethbridge Smartcentres
Park Place Shopping Centre

LLOYDMINSTER
Lloyd Mall

MEDICINE HAT
Carry Drive Plaza
Medicine Hat Mall

RED DEER
Bower Place Shopping Centre
Parkland Mall

SPRUCE GROVE
Creekside Center

Visit a Bell store **1 888 4-MOBILE** **bell.ca**

Bell

Also available at these participating retailers:

CALGARY
Connect All

LETHBRIDGE
Protek Communications
Centre Village Mall

booth the telephone booth

WIRELESSWAVE

Available with compatible devices within Bell Mobility high speed network coverage areas. $15 feature available in addition to a Bell Mobility monthly plan. Other monthly fees, e.g., e9-1-1 (75¢), system access (not a government fee; $8.95), and one-time device activation ($35), apply. Early termination fees apply. Subject to change without notice. Taxes extra. Other conditions apply. Functionality and features may vary and may not include certain corporate-type solutions. See bell.ca/mobileemail.

local

The Main Dish second anniversary and celebrity Charity Grill-off will be cooking things up on Saturday at the Main Dish in support of Ronald McDonald House. For more information visit *www.tmdish.com*. METRO CALGARY

Teachers want focus on safety

By **KRISTA SYLVESTER**
Metro Calgary

While it's labelled as a good news budget, it's not all good news for students, according to the Alberta Teachers' Association (ATA).

President of the Calgary ATA Jenny Regal said she is pleased with yesterday's preliminary budget from the Calgary Board of Education but is concerned about mounting school maintenance issues.

"We want all schools to be totally safe, not just as safe as they can be. I think the board is doing the best they can, but my challenge is to the government," Regal said, adding maintenance backlog is running a $500 million tab.

She said the government must realize the importance of bringing schools up to par.

"In a way it's a good news budget, but its bad news, too," Regal says.

Board superintendent of corporate services Don Dart acknowledges deferred maintenance is piling up and said it will focus on the most pressing maintenance issues.

Hoarding **Developers face fines**

ROBIN KUNISK/FOR METRO CALGARY

The Land Use, Planning and Transportation committee met yesterday to discuss, among other things, the hoarding issue on construction sites in the downtown core. Recommendations were made to the committee, effectively encouraging developers to beautify sidewalk barricades or face increased fines and fees for the closures.

Labour key to global power: CEO

By **NEIL MACKINNON**
Metro Calgary

If Calgary is to become the epicentre of the global energy market, it must shore up its labour force deficiencies, according to the city's economic development CEO.

With the unemployment rate hitting 3.2 per cent in 2007 and a lack of aptly able workers to fill the jobs already out there, attracting and retaining skilled labour from across the planet may be the biggest hold-up, said Calgary Economic Development president and CEO Bruce Graham.

Mayor Dave Bronconnier said the city intends to make Calgary a "workers market, a worker's paradise for generations to come" at yesterday's CED 2008 Report to the Community and in an effort to make that so, Graham said they have contracted local branding firm Critical Mass to create a one-stop shop for pertinent information on the city, such as where to find a doctor.

"The web is the number one source for information for people that are looking at moving globally and we have to be the definitive and authoritative voice for that here," Bruce said.

Energy tops city strategy

Economic plan looks beyond Canada's borders

By **NEIL MACKINNON**
Metro Calgary

> « *In the future, we don't just want to survive, we want to thrive.* »
>
>
>
> *Mayor Dave Bronconnier*

Look out Riyadh and step aside Houston — Calgary's looking to eclipse your domination of the energy world.

With a goal to become the world's energy sector hub, Calgary Economic Development unveiled its 2008 Report to the Community at a packed luncheon at the Telus Convention Centre yesterday.

"Things have slowed down a bit, but it has become more manageable, it's a more mature economy," said CED president and CEO Bruce Graham.

"I believe (this) is the most forward-thinking economic development strategy ever released in Canada."

Bruce said Calgary led the nation with a 3.4 per cent jump in GDP in 2007 while unemployment rates fell to 3.2 per cent and building permits spiked by 18 per cent from 2006 figures — all factors which will allow the city to strengthen itself globally.

With a four-pronged approach to increased development, the plan, themed Greater Than, focuses on continued community development, increased business collaboration and extending reach beyond Canada. Bruce said the intention is to "position Calgary as the global leader in all things energy," dispelling myths the city divert from traditional strength to diversify economically.

Mayor Dave Bronconnier said "greater than" isn't just a catch-phrase, it will become the city's mantra.

"In the future, we don't just want to survive, we want to thrive," he said.

-neil.mackinnon@metronews.ca

RCMP, border guards make largest heroin bust in Alberta

7.8 kilograms worth $2.3M seized at airport

The largest heroin bust in Alberta history — 7.8 kilograms, or approximately $2.3 million in street value — was seized at Calgary International Airport last Wednesday by RCMP and Canada Border Services Agency.

CBSA spokesperson Lisa White said the quantity is surprising and commends the officers involved. "One thing led to another. Our officers are vigilant in keeping drugs out of the country and off the streets," she added.

Canadians Bakshish Singh Ghai and Aneelvir Grewal, en route to Calgary from international destinations, were charged with importation of a controlled substance for the purpose of trafficking.

KRISTA SYLVESTER/METRO CALGARY

The Calgary International Airport was the sight of the biggest heroin bust in Alberta's history.

Cyber crimes on the rise: Report

Internet-based crimes soaring across Canada

By **ALICIA FOX**
for Metro Calgary

Forget gangs, guns, and drugs — cyber crimes are rocketing past those to a near number one spot for crime in the nation according to a report released yesterday by the Canadian Association of Police Board (CAPB).

"If that doesn't scare you a little, I don't think anything will," said police chief Rick Hanson at a media presentation.

Included in the findings was a near vertical spike in the number of cyber crimes, including computer viruses, lost or stolen banking and personal information, internet crimes against children and identity theft.

Staff Sgt. Dick Nyenhuis with the Calgary Police said they're currently working on securing funds to put together a unit focused on targeting these crimes, which will hopefully include representatives from around the world.

But he says there's a long way to go.

"If we grew to 50 people tomorrow, we still wouldn't have enough to do what we need to do," he said, adding the focus should be to increase efficiency in fighting these crimes.

threats

» According to a 2007 Symantec study, Canada ranked ninth on a list detailing targeted countries, while the United States hit number one, and the number of new malicious code threats shot up 506 per cent between 2006 and 2007, up to 700,000 from 125,000.

»news In Brief

» **INJURY** A 40-year-old inmate at the Drumheller Institution was flown to Foothills Hospital in Calgary by STARS air ambulance with life threatening injuries after fellow inmates beat the prisoner Monday night. According to the RCMP, the man remains in critical condition and the Major Crimes Unit is investigating the altercation.

METRO CALGARY

Columbia College Open House!

Accelerated and Accredited!
May 31, 2008
10 am - 4 pm
802 Manning Road NE
www.columbia.ab.ca or (403) 235-9300
Draws: Laptop Computer, Gift Certificates, Flash disk drives, School bags, T-shirts and more...!
Programs: Business Management, Criminal Justice, Dental Assistant, Human Services, Practical Nurse, Health Care Aide, Emergency Medical Technician & Paramedic, Job Search Strategies, English as a Second Language Academic Upgrading, and Community Support Services

World-class UK degrees by Distance and Online Learning

MBA - University of Bradford
• Top 10 MBA in the world (Economist, Jan 2008)
• AMBA/EQUIS accredited
• US$16,000 (instalment plan available)

MBA - University of Wales
• One year minimum by online learning
• US$8,500
• Flexible payment options available
• A member of the Association of Commonwealth Universities

Recruiting Now for the July 2008 intake

Also recruiting now to degree programmes: **MA Education**, **LLM Commercial Law**, **MSc Public Administration and Development**, **BSc Psychology**, **BSc Computing**, **BSc (Hons) International Hospitality & Tourism (final year) and MSc International Hospitality Management**, **BA Business** and **HND in Business**, from *University of Birmingham*, *University of Sunderland*, *University of Derby*, *Sheffield Hallam University*, *University of Teesside and University of Wales*

Contact RDI today for more information
RDI (North America)
Tel (1) 800 874 5844 / achieve@rdicanada.com
www.rdicanada.com

distinguish yourself
4 to 8 pm Families Welcome!
OPEN HOUSE

Calgary South
Monday, May 26th
#213, 5809 MacLeod Trail South
252-8973

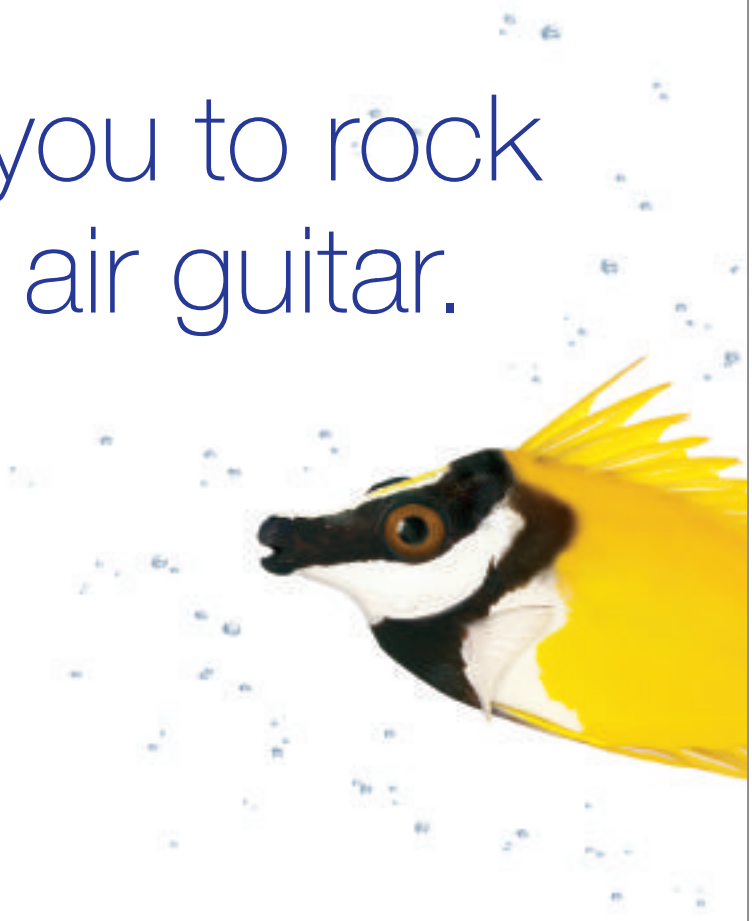
Calgary Northeast
Thursday, May 29th
#260, 495-36th Street NE
569-8973

Refreshment and Doorprizes
Join us in our support for the Juvenile Diabetes Research Foundation

www.academyoflearning.ab.ca
Academy OF LEARNING Career and Business College
Over 20 Years of Success

Healthcare Services
Business / Marketing
Event Planning
Office Administration
Accounting / Payroll
Graphics / Web Design
Information Technology
AutoCAD

I dare you to rock out on air guitar.



Share every dare with your Fave 5.

GET UNLIMITED local talk & text plus unlimited picture & video messaging with your Fave 5.

My Faves™ – $25/month.*

LG VENUS™ touchscreen phone, only from TELUS.

$99.99†
(on a 3 year term with a Bundle)

TELUS
the future is friendly®

TELUS AUTHORIZED DEALERS

CALGARY

Bankers Hall
Beacon Hill Centre
Bow Valley Square
Chinook Centre
Deerfoot Mall
Dragon City Mall
MacLeod Plaza
Market Mall
Marlborough Mall
North Hill Mall
Northland Mall
Southcentre Mall
Sunridge Mall
TD Square
TELUS Convention Centre
Westbrook Mall
West Hills Towne Centre
856 - 33 Heritage Meadows Way SE
6039 Centre St. S
264 - 6100 MacLeod Trail S

NORTHWEST

822 Crowfoot Cres. NW
1623 Centre St. NW
715 - 5005 Dalhousie Dr. NW
207 14 St. NW

NORTHEAST

Spectrum Shopping Centre
511 - 500 Country Hills Blvd.
1353 32 Ave. NE
2420 - 42 Ave. NE
19 - 2520 23 St. NE
2000 McKnight Blvd. NE

SOUTHWEST

Energy Plaza
245 - 225 7 Ave. SW
1 - 4623 Bow Trail SW
5 - 2008 33 Ave. SW
12 - 9250 MacLeod Trail S
16061 MacLeod Trail S

SOUTHEAST

856 - 33 Heritage Meadows Way SE
1288 42 Ave. SE
7845 Flint Rd. SE
4410 50 Ave. SE
255 28 St. SE
10836 24 St. SE
109S - 8500 MacLeod Trail SE
4949 Barlow Trail SE

Airdrie
2145 Summerfield Blvd.

Cochrane
4 - 201 Grand Blvd.
15 - 312 5 Ave. W

Okotoks
181 - 31 Southridge Dr.
118 Elizabeth St.

Strathmore
8 - 55 Wheatland Trail
103 - 331 3 Ave.

For more details on these great offers, visit your TELUS authorized dealer or retailer, visit telusmobility.com or call 1-866-264-2966.

FUTURE SHOP · BEST BUY · WAL-MART · LONDON DRUGS · Visions · mEmory Express

*Bonus picture and video messaging offer available to new activations on a 1, 2 or 3 year service agreement until August 5, 2008. Selected picture and video messaging capable phones are required. Details of My Faves are available on telusmobility.com. Taxes, long distance, additional airtime, roaming, pay-per-use charges, monthly system access fee ($6.95) and monthly enhanced 911 emergency service charges ($0.75) are extra. Rates are subject to change without notice. Visit telusmobility.com to confirm our latest offers. †Effective net price after in-store discount at time of activation. Offer available until June 1, 2008. Available to new activations with Bundle 10, 15, 20 or 25 for 3 months on a 3 year service agreement until June 1, 2008. Phone availability and price may vary. Price is subject to change without notice. © 2008 TELUS.

canada

Nine of 10 Canadians say they disapprove or are not sure of Liberal Leader Stéphane Dion's performance at the head of the party, according to the latest Torstar/Angus Reid opinion poll. TORSTAR NEWS SERVICE

The Underwear Affair
10K RUN & 5K WALK
UNCOVERTHECURE.ORG | 403 269-3337

Deserter told to leave

U.S. soldier served in Iraq before fleeing to Canada

MARK BLINCH/REUTERS

U.S. soldier who fought in Iraq before deserting and coming to Canada, Corey Glass, 25, sits before speaking to the media in Toronto yesterday.

After a 22-month battle to earn a home in Toronto, a former American soldier was told yesterday he will become the first Iraq War resister to be deported from Canadian soil after his application to stay in the country was rejected.

A dejected Corey Glass, 25, stared blankly at the floor of a tiny room in a Toronto church as members of the War Resisters Support Campaign informed media and other American war resisters of his failed bid to remain in the country and the consequences he now faces.

"He's supposed to leave on his own by June 12," said the group's co-ordinator, Lee Zaslofsky, who came to Canada after fleeing enlistment in the American military during the Vietnam War. "After that, he's subject to deportation."

The rejection, Zaslofsky said, was based on a failed pre-removal risk assessment by Citizenship and Immigration Canada, which found that, if removed from the country, Glass would not be at immediate risk of death, torture, or cruel or unusual treatment or punishment.

The potential consequence is unclear; past deserters who have returned to the U.S. have received punishments ranging from a dishonourable discharge to jail time in a military prison.

This first rejection could be a chilling sign of things to come for at least nine other war resisters who have requested a pre-removal risk assessment, Zaslofsky said, and could shut the door to other war resisters' attempts to find a home in Canada.

An Indiana native, Glass's tenure with the military began in 2002 when he joined the National Guard to complete "humanitarian work" within the United States, he said. At that time, he had no idea he would end up fighting on foreign shores.

"When I joined the National Guard, they told me the only way I would be in combat was if there were troops occupying the United States," he said. "I signed up to defend people and do humanitarian work filling sandbags if there was a hurricane. ..... I should have been in New Orleans, not Iraq."

When he was deployed to Iraq in 2005, Glass said he tried to quit the military and was returned home on a leave later that same year. He then went AWOL for eight months before defecting to Toronto in August, 2006.

TORSTAR NEWS SERVICE

Tougher label rules proposed

Prime Minister Stephen Harper is proposing tougher food labeling guidelines at a time of growing concern that unknown, potentially hazardous ingredients from abroad are finding their way into the products on Canada's store shelves.

Saying frustrated consumers have lost faith in the labeling system, the Conservative government is planning regulations to ensure that additives and ingredients produced in foreign countries are kept out of items carrying the "Product of Canada" sticker.

Current rules allow use of that label or "Made In Canada" even if a substantial portion of the product—up to half—comes from foreign sources, Harper said.

"The truth is, foods marked 'Product of Canada' or 'Made in Canada' may not be very Canadian at all," he remarked during a press conference at a berry farm in Ontario.

Today a bottle of apple juice labeled as made in Canada may have been made from apples grown in China, Harper said. And a bar of chocolate might be marked as a Canadian product but be made with cocoa beans from the Ivory Coast. The Tories' proposals, which the government will submit to public consultation for the next month, are the first update in food labeling rules in two decades.

TORSTAR NEWS SERVICE

new system

» Under the initiative, "all or virtually all" of the ingredients in "Product of Canada" items would have to be Canadian, with the only exception being spices or minor additives not available here. Other Canadian-produced foods would be labeled either "Made in Canada from domestic and imported ingredients" or "Made in Canada from imported ingredients."

Staff ignored pleas: Official

Four veteran prison guards at an Ontario jail stood by as native inmate Martin Blackwind, 52, bled to death Oct. 3, 2006, from a self-inflicted wound and were docked only 10 to 20 days' pay, says a report released yesterday.

The investigation shows staff offered no assistance despite Blackwind's pleas for help. Paramedics could not revive him. Correction watchdog Howard Sapers concluded the wound likely would not have been fatal if it had been attended to. The Union of Canadian Correctional Officers said nothing supports allegations of discrimination or that guards failed to do their job.

TORSTAR NEWS SERVICE

»news In Brief

» **POLITICS** Prime Minister Stephen Harper slammed Liberal leader Stephane Dion's proposal for a carbon tax to reduce greenhouse gas emissions, calling it a "foolish" move at a time of soaring energy prices.

» **ABORTION** Canada's abortion rate fell by 3.2 per cent overall in 2005, Statistics Canada reported yesterday, with teen abortions down by nearly 6 per cent.

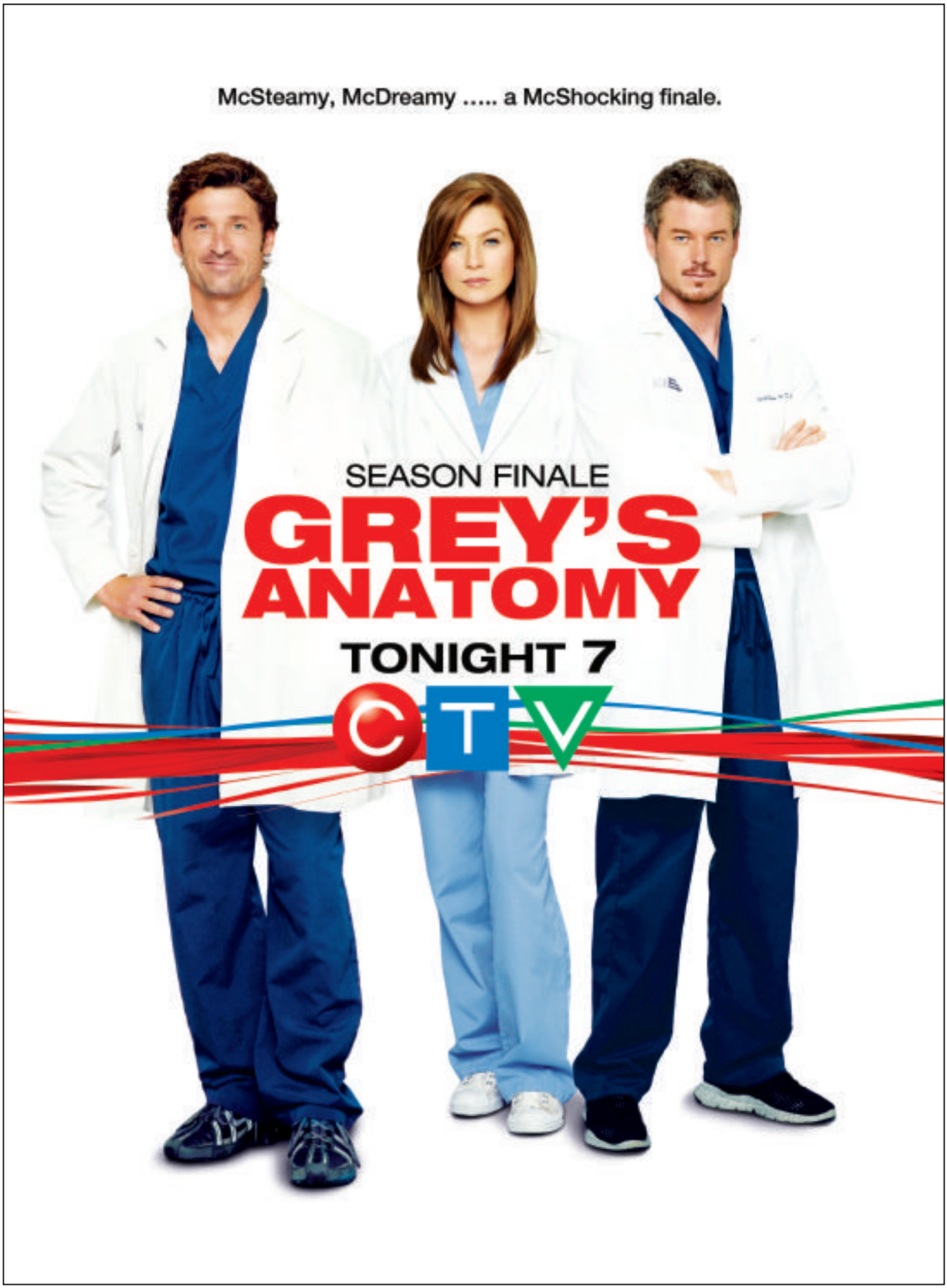
METRO NEWS SERVICES

DROP EVERYTHING
AND FIGHT CANCERS BELOW THE WAIST

The Underwear Affair
10K RUN & 5K WALK

SIGN UP AT UNCOVERTHECURE.ORG
OR CALL 403 269-3337

Alberta CANCER FOUNDATION


McSteamy, McDreamy ..... a McShocking finale.
SEASON FINALE
GREY'S ANATOMY
TONIGHT 7
CTV

world

Police in Kazakhstan have arrested the editor of a publication called "Anti-corruption newsletter" on charges of bribing one of its officers. Police accuse the editor, Tokbergen Abiyev, of paying $2,000 to obtain compromising information about judges. REUTERS

UN chief to meet Myanmar leader

Focus on saving lives, not politics, says Ban Ki-moon

astrologer apologizes

» Astrologer Myint Lwin is upset because he failed to see Cyclone Nargis coming. "Many people died, so I'm very sorry," Myint Lwin said. "I'll try hard to research for 2009." Astrologists are highly regarded in Burmese culture.

UN chief Ban Ki-moon began a mission yesterday for Myanmar's cyclone victims, saying "our focus now is on saving lives," as the military government gave approval for the first foreign helicopters to distribute aid.

The UN Secretary-General said relief workers had so far been able to reach only a quarter of those in need among an estimated 2.4 million people made destitute by the May 2 storm and sea surge that left nearly 134,000 dead or missing.

"We must do our utmost for the people of Myanmar," Ban said when he arrived in the Thai capital of Bangkok before travelling to Myanmar today. "Aid in Myanmar should not be politicized. Our focus now is on saving lives."

The United Nations and the Association of Southeast Asian Nations (ASEAN) are to convene a donors' pledging conference in Yangon on Sunday.

The government wants more than $11 billion in aid, but international donors need access to verify the needs, ASEAN Secretary-General Surin Pitsuwan told Reuters in an interview.

"Accessibility is important to guarantee confidence and verify the damage and needs, otherwise confidence during pledging will be affected," Surin said on a visit to Yangon.

Ban said he would meet the junta's Senior General Than Shwe tomorrow.

Than Shwe, who took two weeks after the disaster to meet victims and see the destruction for himself, had declined to take Ban's phone calls earlier in the relief effort. REUTERS

Obama takes aim at McCain

Barack Obama sounded like the probable Democratic presidential nominee on a visit to the November election battleground of Florida yesterday, praising Hillary Clinton and focusing his criticism on Republican foe John McCain.

Obama

Obama used the visit to praise Clinton, saying she "has run an outstanding campaign and she deserves our admiration and our respect," he said.

The Illinois senator also took several shots at McCain, criticizing the influence of lobbyists in his campaign and calling him a new version of President Bush.

Ten years ago, he said, McCain introduced a bill to ban candidates from paying registered lobbyists.

"John McCain then would be pretty disappointed with John McCain now, because he hired some of the biggest lobbyists in Washington to run his campaign," Obama said.

An MSNBC count gives him 1,961 total delegates to Clinton's 1,783, leaving him 65 short of the 2,026 needed to win the nomination at the Democratic Party's August convention.

A Reuters/Zogby poll showed Obama opening an 8-point national lead on McCain as the two geared up for their likely battle for the White House. REUTERS

Deal struck to end Lebanese conflict

Rival Lebanese leaders signed a deal yesterday to end 18 months of political conflict that had threatened to push the country to a new civil war.

The agreement, reached after six days of Arab-mediated talks, also paved the way for the election of a new president.

Parliament will convene on Sunday to elect army chief General Michel Suleiman as head of state, aides to Parliament Speaker Nabih Berri told Reuters in Qatar, where the feuding sides signed the accord.

The agreement between the U.S.-backed ruling coalition and the Hezbollah-led opposition resolved a dispute over a law for holding 2009 parliamentary elections and met the opposition's long-standing demand for veto power in cabinet. REUTERS

STEVE CRISP/REUTERS

Lebanese people release white balloons yesterday in Martyr's Square in Central Beirut to celebrate the agreement.

Portugal **Sand park**

HUGO CORREIA/REUTERS

A sculptor works at a sand park exhibition yesterday in Pera, Portugal. More than 60 sculptors created a park with sand sculptures of well-known Hollywood films and characters.

»news In Brief

» **SUPERNOVA** Excited astronomers said yesterday they had, for the first time, caught a supernova on camera just as it was exploding, and they may now learn how to spot others. By luck, they spotted a burst of X-rays while looking at another part of a distant galaxy, and managed to turn a variety of telescopes in the right direction just in time.

» **SWEDEN** Swedish police detained two men on suspicion of planning to sabotage the Oskarshamn nuclear power station on the country's south-eastern coast yesterday, after one of them was discovered entering it with small amounts of a highly explosive material. Police said both were contract workers and one of them was previously known to police.

REUTERS

APARTMENT FINDER

TO ADVERTISE CALL WARREN SMITH
403-539-4948 • WARREN.SMITH@METRONEWS.CA

BOARDWALK
RENTAL COMMUNITIES
1-800-310-WALK • www.bwalk.com
Need a change? Downtown doesn't fit your lifestyle?
Check out our website for apartments throughout the city.

only@sears

Anna Sui Gift with Purchase

With your purchase of $50 or more,
before taxes, from the Anna Sui Collection
you will receive this 5 piece gift.

Gift consists of:
Mascara Super Long Lasting Lash (FULL SIZE)
Mini Eye Makeup Remover
Oil Cleanser 50 ml
Moisturizing Fluid 50 ml
All in this fabulous Anna Sui Make-up Pouch!

Offer starts Thursday, May 22 and ends Saturday, May 31, 2008

One gift per customer. While quantities last.

Sears

NE053C108 © 2008. Sears Canada Inc.

Israel talks peace

Turkey moderates Syrian negotiation

Israel and Syria said yesterday they had begun indirect peace talks mediated by Turkey, the first confirmation of negotiations between the long-time enemies in eight years.

In co-ordinated statements, Israel and Syria said they had begun an open dialogue with the aim of a comprehensive peace. Turkey said delegations of both countries, at war since Israel's creation 60 years ago, were already in Istanbul.

The United States said it did "not object," but repeated its criticism of Syria's "support of terrorism." U.S. hostility to Damascus, and to its Iranian and Lebanese Hezbollah allies, makes a Syria-Israel deal unlikely before U.S. President George W. Bush steps down in January, believe analysts.

> *« It's always better to talk than shoot. »*
>
> *Israeli Prime Minister Ehud Olmert*

Israeli Prime Minister Ehud Olmert said the process would be long, complex and could end in "difficult concessions" for Israel — an apparent reference to his willingness to hand back the Golan Heights.

"It's always better to talk than shoot," Olmert said, without spelling out what concessions he was thinking of.

REUTERS

Switzerland **Keeping an even keel**

DENIS BALIBOUSE/REUTERS

German artist Arnd Drossel walks in his Inner Balance device on Lake Leman yesterday in Geneva. Drossel is to perform tomorrow in a side event of a meeting of local associations concerning psychic health.

»news In Brief

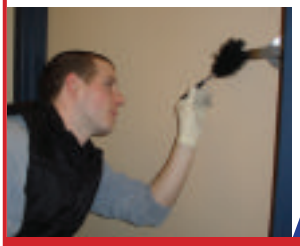
» **QUAKE** China vowed yesterday to deal severely with anyone found responsible for shoddy state building work, as parents demanded to know why last week's earthquake destroyed so many schools, killing thousands of children. The number of people dead and missing rose to more than 74,000, with a further 247,000 hurt.

» **JOHANNESBURG** South Africa's President Thabo Mbeki gave approval for the army to help end attacks on foreigners that have killed more than 40 people. The attacks on African immigrants, accused by many poor South Africans of taking scarce jobs and fuelling crime, have forced thousands of people from their homes, and unnerved investors. REUTERS

Searching for a Career in Criminal Justice?

Our graduates have what it takes to work for:

Calgary Police Service
Canada Border Services
Alberta Corrections
Bylaw Services
John Howard Society, etc.



- Learn from internationally recognized experts
- Theoretical and hands-on learning (fingerprinting, interviewing, crime scene investigation, etc.)

Complete a 2 year *Diploma* in only 1 year

Investigate your future by calling: 235-9300

Part-time & full-time classes are available!

Website: www.columbia.ab.ca / Toll-free: 1-888-235-9370

COLUMBIA COLLEGE "Quality Education Employers Value"

Special Bilingual Edition with ***Metro Cannes*** *each day, from May 14 to 25, meet the stars of the 7th art and discover the talents of tomorrow.*

Download Cannes' Special Edition from **metrofrance.com**

Follow the 61st International Film Festival on the official site **www.festival-cannes.org**

metro metrofrance.com

METRO GLOBAL**CREATIVE**AWARDS**08**

The world's largest creative advertising competition voted for by audience

www.metrocreativeawards.com

VOTE FOR THE BEST AD AND WIN!

The Metro Global Creative Awards 2008 are set to recognize and reward the most creative advertising that appeared in Metro International editions over the last year. Over 20 million readers from 20 countries have been invited to vote and **it is now the readers' turn to nominate the winner** who will represent their country in the international final.

VOTING BEGINS MAY 12 AND CLOSES MAY 25

metro

Rules and regulations can be found at www.metrocreativeawards.com

NEW 16GB 32GB VOTE & YOU COULD WIN

There are things that only the world's largest international newspaper can do!

business

Dollar		Oil	
0.79¢	C$ 101.62¢US U.S.$ 98.41¢	$133.17US	$4.19

MRL GROUP OF COMPANIES
www.helpbuyinghomes.ca

Inflation up 1.7%

Gas, bakery goods up 11.6% and 10.4% over year

Sticker shock at the pumps, and to some extent the bakery aisles, caused consumer prices to accelerate for the first time in five months in April, and experts are already predicting it could get worse.

Economists warn that the inflation report from Statistics Canada yesterday is an early sign that consumers are starting to be hit by soaring energy costs and rising pressure on food prices despite the cushioning effect of a higher dollar. The report also cast doubt on the scope of further interest-rate cuts by the Bank of Canada.

The consumer price index increased 1.7 per cent between April 2007 and April 2008, surpassing the 1.4 per cent consensus forecast.

Gasoline was fingered as the main culprit. StatsCan said gas prices rose 11.6 per cent year over year. Prices for bakery products jumped 10.4 per cent, marking the "steepest rise" since late 1981.

TORSTAR NEWS SERVICE

Reaction from feds

» Prime Minister Harper said the inflation spike was limited to some products and to Western Canada, the heart of Canada's booming energy sector. "... inflation is still by historical standards very, very low in this country," he said. REUTERS

»news In Brief

» **ENERGY** Talisman Energy Inc. shares slipped 48 cents, a day after the company announced a major revamp of its global oil and gas exploration business and a $2 billion asset sale. REUTERS

Air Canada sees fuel costs hurting air travel

High fuel prices that are consuming a growing proportion of income at Air Canada will likely hurt demand for air travel, the airline's chief executive said yesterday.

Montie Brewer, Air Canada's president and CEO, said the country's biggest airline is pushing ahead with plans to use newer, more fuel-efficient aircraft. Air Canada also plans to starting charging customers a fee for a second checked bag on certain North American flights. REUTERS

higher and higher

» In the first quarter, Air Canada's fuel expenses rose 22 per cent to $715 million from $585 million a year earlier. Fuel costs are now roughly twice what is spent on wages and salaries.

Starbucks to buy out 2 licensees for 40 stores

Starbucks Corp. subsidiary Starbucks Coffee Canada Inc. said yesterday it has struck a deal to buy about 40 stores and other assets from two licensees in Quebec and Atlantic Canada.

Starbucks said it would convert the licensees' stores to company-operated outlets and buy full development and operation rights for future retail stores in the provinces now controlled by the licensees.

The deal with Coffee Vision Inc. and Coffee Vision Atlantic Inc. is set to close Aug. 25. Starbucks did not disclose terms.

While other restaurant companies have been selling stores to franchisees, Starbucks has stuck with its strategy of owning stores outright. REUTERS

metro
Metro Calgary
120, 3030 - 3 Avenue NE
Calgary, AB T2A 6T7
metrocalgary@metronews.ca
403-444-0136
fax: 1-403-539-4940

• **Publisher** Steve Shrout
steve.shrout@metronews.ca
• **Editor-In-Chief** Dianne Rinehart

• **Managing Editor** Darren Krause
darren.krause@metronews.ca
• **Interactive Director**
Jodi Brown
• **Marketing Manager**
Blaine Schlechter
• **Distribution Supervisor**
Dave Mak
calgary_distribution@metronews.ca
• **Group Publisher, Metro English Canada** Bill McDonald

Metro is the world's largest international newspaper, with more than 18.5 million daily readers in 100 major cities in 21 countries.
Please recycle

No Matter Where You Call ✓ No Matter What You Pay
✓ Comwave Will Beat It... Guaranteed!

CALL NOW AND GET $25[2] FREE Long Distance To Anywhere In The World

Cuba	85¢	Philippines	11.9¢
Ecuador	12.9¢	Saudi Arabia	from 3.9¢
Egypt	12.9¢	UAE	15.9¢
Guyana	24.9¢	UK	2.9¢

Call From Your Home or Office, Even From Your Cell Phone.

- No need to cancel your service provider.
- $10 Free Long Distance for every friend you refer.
- No Contracts
- Direct, "No Pin" Dialing

Unlimited Calling To Anywhere In Canada
You can even call from your cell phone!
$5/month

Fully Featured Home Phone Lines

$14.95*/month iPhone UNLIMITED LOCAL CALLING

- Unlimited Local Calling
- Keep Your Existing Phone Number[1]
- Get Free iPhone-to-iPhone Calls WORLDWIDE
- 12 Great Features including Caller ID, Call Forwarding, Voice Mail, Call Waiting, and much more!

$29.95*/month iPhone
Unlimited Long Distance Calling to Canada and U.S.A

- 12 Great Features including Caller ID, Call Forwarding, Voice Mail, Call Waiting, and much more!

comwave®
1-403-451-5801
Call us or visit www.comwave.ca for more details

Home Phone Lines: * Terms and conditions apply. VoIP 911 has certain limitations versus traditional 911. The rate of $14.95 is based on a 2 year term. [1] The option to keep your existing phone number may not be available in all areas. Long Distance: Comwave guarantees to match or beat your rate today and forever. Rate Guarantee is based on competitors' lowest advertised rate or written quote for like services. Terms and conditions apply. Please see www.comwave.ca for full details. Calls to overseas mobile phones may be billed at a higher rate. [2] The $25 coupon will be mailed and must be returned for credit to be applied to account. 1 year term required.

sports

Veteran forward Jeremy Roenick, left, agreed to terms on a one-year contract with the San Jose Sharks yesterday. Roenick had 14 goals and 33 points in 69 games for the Sharks last season. METRO NEWS SERVICES

Female jumpers sue for 2010 spot

Athletes claim discrimination

A coalition of international women ski jumpers filed suit in Canada yesterday challenging their exclusion from the 2010 Winter Olympics in Vancouver.

The lawsuit against the Vancouver Organizing Committee argues that the women from Europe and North America have been discriminated against because the Games allow only men's ski jumping.

"The failure to include women's ski jumping events in the Games violates every woman's right to equal benefit under the law," according to the lawsuit filed in British Columbia Supreme Court in Vancouver.

Furlong

Nearly all Olympic sports have both a men's and women's event, but the International Olympic Committee always has exempted ski jumping to let it be a male-only competition.

IOC President Jacques Rogge said in February that only 80 women were competing in the sport, far fewer than for other Olympic sports, and including it in the 2010 Games would dilute the value of medals won in other events.

The women's supporters argue they meet all the technical requirements to qualify, and accuse opponents of being sexist and unwilling to force male ski jumpers to share potential sponsorship money athletes get from being part of the Games.

The Vancouver Organizing Committee said it could not comment on the lawsuit, but noted that only the IOC had the authority to decide what events were held at the Winter and Summer Games.

"We have no vote in this," committee Chief Executive John Furlong said.

REUTERS

Jubilation **Man U wins Champs League**

MICHAEL STEELE/GETTY IMAGES

Rio Ferdinand and Ryan Giggs, second from right, of Manchester United lift the trophy following their team's 6-5 victory over Chelsea in the penalty shootout during the UEFA Champions League final yesterday in Moscow. It is the team's third European Cup title.

SERVICE DIRECTORY TO ADVERTISE CALL 403-444-0136

INSURANCE

Evermore memories
AMAZING PHOTOGRAPHS
BABIES, FAMILIES, WEDDINGS AND SO MUCH MORE...
SAVE 15%
BY BOOKING ONLINE BEFORE JULY 1
WWW.EVERMOREMEMORIES.COM
OR CALL 475.6951

DON'T LET YOUR SPACE GO TO WASTE!
Advertise in the Service Directory
Call 403-444-0136

INSURANCE

Same car. Same driver. Different insurance rates.
$1,641.00/year
$4,102.00/year
Rates between insurance companies can vary by 100's, even 1,000's of dollars.
Quoting over 20 insurance companies, InsuranceHotline.com directs you to the lowest cost insurer in just minutes.
Go online at www.InsuranceHotline.com and start saving today.
InsuranceHotline.com
Click. Compare. Save.

FINANCIAL

Checks and Balances Bookkeeping
IT'S TAX TIME AGAIN $35
Personal, Business & Corporate Returns
CALL 403.273.7112
(FREE Pickup)
info@checksandbalancesbookkeeping.ca

PSYCHICS

THE GREAT OF THE GREAT MEDIUM & SPIRITUAL HEALERS HERITED TO GENERATION RENOWNED INTERNATIONAL
If for a long time you are looking for solutions to your problems. Nothing is too late in life. 26 years experience, reuniting loves forever. Helps maintain harmony in the couples and prevents separation, success in business, family protection against negatives, bad luck, evil spells.
100% RESULTS GUARANTEED IN 1 WEEK
CALL MADIA 403-370-1526 OR 403-475-2589

DIVORCE

QUICK, EASY, INEXPENSIVE
DIVORCE
From $399
10 years as family mediators and out-of court divorce specialists
Call now 477-8895
divorceeasy499@yahoo.ca

PSYCHICS

STAPHA—AFRICAN PSYCHIC
Reuniting Loved Ones • Stopping Divorce
Removing Bad Spirits • Success in Business
Healing Protection
RESULTS GUARANTEED
403-802-0367

»sports In Brief

» **NBA** The Los Angeles Lakers mounted a dramatic second-half comeback in a 89-85 victory over the defending champion San Antonio Spurs in the first game of the Western Conference finals last night. The Lakers trailed by as many as 20 points in the third quarter.

» **HOCKEY** Keaton Turkiewicz scored 8:55 into overtime to give the Belleville Bulls a 4-3 victory over the host Kitchener Rangers last night at the Memorial Cup. The teams will face off again tomorrow in the semifinal game.

METRO NEWS SERVICES

SCOREBOARD

NHL

STANLEY CUP FINAL
PITTSBURGH VS. DETROIT
Game 1 — Saturday
Pittsburgh at Detroit, 6
Game 2 — Monday
Pittsburgh at Detroit, 6
Game 3 — Wednesday, May 28
Detroit at Pittsburgh, 6
Game 4 — Saturday, May 31
Detroit at Pittsburgh, 6

NBA

CONFERENCE FINALS
WESTERN CONFERENCE
L.A. LAKERS VS. SAN ANTONIO
Game 1 — Last night
L.A. Lakers 89 San Antonio 85
Game 2 — Tomorrow
San Antonio at L.A. Lakers, 7
Game 3 — Sunday
L.A. Lakers at San Antonio, 7:30
Game 4 — Tuesday
L.A. Lakers at San Antonio, 7
(L.A. Lakers lead series 1-0)
EASTERN CONFERENCE
BOSTON VS. DETROIT
Game 2 — Tonight
Detroit at Boston, 6:30
Game 3 — Saturday
Boston at Detroit, 6:30
Game 4 — Monday
Boston at Detroit, 6:30
(Boston leads series 1-0)

MLB

YESTERDAY'S RESULTS
AMERICAN LEAGUE
Oakland 9 Tampa Bay 1
Detroit 9 Seattle 4
Boston 6 Kansas City 3
N.Y. Yankees 8 Baltimore 0
L.A. Angels 4 Toronto 3
Texas 10 Minnesota 1
Chicago W. Sox 7 Cleveland 2
NATIONAL LEAGUE
San Francisco 3 Colorado 2 (10 ings)
Milwaukee 4 Pittsburgh 1
Atlanta 11 N.Y. Mets 4
Florida 3 Arizona 1
Philadelphia 12 Washington 2
Houston 5 Chicago Cubs 3
St. Louis at San Diego
Cincinnati at L.A. Dodgers
TODAY'S GAMES
AMERICAN LEAGUE
Seattle at Detroit, 11:05
Texas at Minnesota, 11:10
Kansas City at Boston, 11:35
Baltimore at N.Y. Yankees, 5:05
L.A. Angels at Toronto, 5:07
Cleveland at Chicago W. Sox, 6:11
NATIONAL LEAGUE
Milwaukee at Pittsburgh, 5:05
N.Y. Mets at Atlanta, 5:10
Arizona at Florida, 5:10
Philadelphia at Houston, 6:05
Cincinnati at San Diego, 8:05

MEMORIAL CUP

SCHEDULE AND SCORES FOR THE CANADIAN HOCKEY LEAGUE CHAMPIONSHIP IN KITCHENER:
ROUND-ROBIN
Last night
Belleville 4 Kitchener 3 (OT)
SEMIFINAL
Tomorrow
Kitchener vs. Belleville, 5
FINAL
Sunday
Spokane vs. semifinal winner, 5

LOTTERIES

Lotto 6/49 3, 4, 7, 19, 28 & 32. Bonus 6. Results not official

AVALON Salon Spa
HAIR EXTENSION SPECIALIST
The Award Winning Team: Designer for:
Miss Grey Cup · Miss Teen Calgary · Miss First Lady · Miss Canada · Miss World · Miss/Mrs Calgary · Stampede Queen · Miss Stampeder · 1988 Olympics · Falconer Models · Hairdresser of the Year · 1979, New York City
Located at the corner of 11 St - 16 Ave., SW • Phone: 244-3006 • www.avalonsalonspa.net

Ask About Our Graduation and Bridal Packages
Hair Extensions
$100 OFF
with this ad
Also...
10% OFF
Products & Services

Get unlimited e-mails

with most popular domains.

fido

Always by your side

Add to your plan for $15 per month

Save on Windows Mobile devices

Samsung JACK

~~$225~~ $75

MOTO Q 9h

~~$200~~ $150

Fido customers pay even less with Fido Rewards.

After a $100 credit with 3-year Fido® Agreement and a 3-year Windows Mobile option

Join Fido now to find out why we're #1 in customer satisfaction. **1 866 301-3436**

Offers available until August 5, 2008 or while quantities last. **Unlimited e-mail option:** Applies to e-mails sent and received using Windows Mobile e-mail messaging service only with an e-mail account from one of the following supported domains: Windows Live E-mail (Hotmail, Live, and MSN), Yahoo.ca, Yahoo.com, Gmail, Sympatico, Videotron, Rogers Yahoo, Telus, Shaw and Cogeco. E-mails sent/received from an unsupported domain e-mail account or when launching the web browser to access and use any e-mail accounts are not eligible and will be deducted from the bucket of MB included in your option and will be charged on an MB overage basis thereafter. Compatible Windows Mobile device required. Applicable in Canada only. While roaming outside Canada, data transmission charges of 5¢/KB apply. **$100 device credit offer:** Available with activation to a monthly package with a three-year Fido Agreement and to a Windows Mobile option with a term commitment of 3 years, at time of purchase of the device. Credit will appear on the customer's second invoice. Early cancellation fees apply. Under the Fido Rewards Program, existing customers can redeem their FidoDollars on the purchase of regularly priced phones. Visit fido.ca for full details. Fido received the 2007 J.D. Power & Associates award for "Highest in Customer Satisfaction with Contract Wireless Service" in Canada. All applicable taxes are extra. Offers subject to change without notice. Subject to Fido's Acceptable Use Policy. ®™ Fido and Always by your side are trademarks of Fido Solutions Inc. ®Windows Mobile is a registered trademark or trademark of Microsoft Corporation in the United States and/or other countries. All other brand names and logos are the property of their respective owners.

FIDO STORES

Market Mall
Marlborough Mall
Chinook Centre
Southcentre Mall

RETAIL PARTNERS

CELLULAR BABY
Market Mall

ICOREA COMMUNICATIONS
611 – 1st Street S.W.

OMEGACELL
1019 17th Ave S.W., Unit 203

ORANGEWAVE
#1-1901 Centre Street N.W.

PEPPER WIRELESS
Dragon City Plaza, Unit 112

SONIC WIRELESS
4818 Westwinds Drive N.E., Unit 1146

UNIPAGE
Central Landmark Mall
Dragon City Mall

FUTURE SHOP · BEST BUY · WIRELESSWAVE · booth · 7-ELEVEN · A2Z WIRELESS www.a2zwireless.com

HSBC SPRING SALE

Choose the HSBC Bundle that works for you – the more you "bundle up" the better the pricing on your mortgage! Plus, access up to 80% of the equity in your home using our wide range of credit options with our Equity Power Mortgage.

5.50%* (APR*) MORTGAGE + DAY-TO-DAY BANKING

5.40%* (APR*) MORTGAGE + NEW INVESTMENT OR DEPOSIT

5.25%* (APR*) MORTGAGE + BOTH OF THE ABOVE

YOU COULD WIN $10,000
in our "Pay-Off-Your-Mortgage" contest![†] Enter at **hsbc.ca/win**
Hurry! Sale and contest ends June 28, 2008.
Visit your local HSBC branch for details on how you can "save a bundle" this Spring or visit **hsbc.ca/sale**

HSBC
The world's local bank

Issued by HSBC Bank Canada
Some terms and conditions may apply. Contact us for details. Rates are subject to change at any time and without any notice. *Annual Percentage Rate (APR) calculation assumes no fees will be charged. Mortgage Rate and APR are based on a 5-year fixed-rate closed mortgage, with pricing dependent upon the bundle selected. †No purchase necessary. Contest open to residents of all provinces and territories in Canada who have reached the age of majority or older in their province/territory of residence. Contest closes at 11:59 PM PST on June 28, 2008. There is one (1) Grand Prize, consisting of CAD $10,000 to be applied as a mortgage prepayment or in the winner's discretion. Chances of winning depend upon the number of eligible entries. Grand Prize draw will be conducted July 14, 2008. Selected entrants will be required to correctly answer a skill-testing question. For full contest details and ways to enter visit www.hsbc.ca/win

Receive a major home appliance worth up to $1,200. CIBC

metro HOMErenos

Thursday, May 22, 2008

Cheaper to do it yourself

But seeking advice of professional may help your reno

By **TREVOR BACQUE**
for Metro Calgary

Forget contractors. A quick trip to the hardware store, a How To Build A House For Dummies book and you're set, right? Wrong.

While most people enjoy retaining their independence any way they can, including through renovations, seeking the advice and services of a professional may not hurt.

> *« Lots of people love it, it's fun to do, and it cuts costs. »*
> *Dragana Janjic of Home Depot*

Changing the location of a plug, or installing a new toilet, sounds easy, but how will you know if your handiness will hold up?

Jordan Switzer, a 26-year-old home renovator, says home renos are a lot harder than people think.

"Lots of times that's how a home reno happens; someone starts something and they can't finish."

Switzer purports there are things people can do by their own might, which helps the professionals when they show up.

"An easy one that makes a big difference in housing is painting."

Chapters in Calgary said sales for self-help books and the do-it-yourself titles increase in spring due to warm weather, allowing people to get outside and work on their homes.

"The bottom line is that doing it yourself is cheaper," said Switzer.

The independent contractor does warn though some contractors will gouge you on the price simply because they can get away with it.

John Olar does renovations on his house to save money, learn, and have fun.

The 38-year-old Calgarian has done plumbing and electrical work among others on his abode.

"You learn things as you go, and that's why I enjoy it."

Home Depot puts on weekend seminars for homeowners wishing to alter their house without paying gratuitous amounts.

"Lots of people love it, it's fun to do, and it cuts costs," said Front End Supervisor Dragana Janjic speaking of do-it-yourself renovations.

Janjic emphasized more women want to teach themselves how to perform renovations and not have to depend on anybody.

Seminars at Home Depot include bathroom and sink installations, decking and fencing.

They also offer similar how-tos for children, showing them how to create birdhouses, pots for plants and more.

TRINETTE REED/DIGITAL VISION

Home renovations are a lot harder than people think, experts say.

Hiring someone to do the work always shrinks your wallet size, but Switzer feels it's a fair trade.

"Most times the owners are around and see what I'm doing and understand where the price is coming from," said Switzer, who also has hardwood flooring expertise.

Common problems Switzer has seen and often undone are crooked flooring, badly installed kitchens, and unstable fences.

Upgrade The Garage
SLIDE-LOK Garage Interiors & Closet Systems
Garage Cabinets
• Durable Plywood
• No Partible Board
• Patented Dovetail Construction
• Custom Configurations
• Lifetime Warranty
Garage Floor Coating
• 4x More Abrasion Resistance than Epoxy
• Superior Colour and Gloss Retention
• Broad Range of Chemical Resistance
• Will Not Yellow or Chalk
• Limited Lifetime Warranty
• Great for Outdoor Use!
Garage Storage
Garage Flooring
SLIDE-LOK GARAGE FLOORS ARE Better Than Epoxy... Ask-us-Why
Also Available Tech Series
JUST IN TIME FOR SPRING 25% OFF Our Best Selling Classic Series Cabinets
INCLUDE A SLIDE-LOK FLOOR AND TAKE AN ADDITIONAL 10% OFF YOUR GARAGE CABINETS
the GARAGE store
SLIDE-LOK of Calgary Garage Interiors & Closet Systems
Call Today! 403-258-1110
1060, 2600 Portland St. S.E.
Calgary, Alberta T2G 4M6

A CIBC Home Power Plan® offers a flexible line of credit borrowi

One of the simplest, most cost-effective improvements of all is paint! Freshly painted rooms look clean and updated — and that spells value to your home. So buy a few gallons and get busy!

HGTV.COM

Sylvia Putz stands on her new terrace. The addition to her house is modern — in contrast to the front of the house, which was kept in the character of the neighbourhood. The bathtub in the master bathroom, below right, now has a beautiful view of the backyard and the view from the grand room, below centre, into the backyard shows a full wall of windows. The back entrance from the terrace, below left, into the grand room is a welcome change for the Putz family.

PHOTOS BY SYLVIA PUTZ/FOR METRO CALGARY

Renovation revelations

Advance planning can build upon perfect home addition

By **SYLVIA PUTZ**
for Metro Calgary

Our family is in the enviable position of being on the almost-finished side of a large addition and interior renovation. And overall, the reno was an incredible adventure for the family — one that we had dreamed about for years. We ended up with a gorgeous house that fits us like a glove. What could be better?

Well, getting there was not always as smooth as we wished. The process was actually fun most of the time, but in the final analysis, we realized that some of our mistakes ended up costing us a lot of extra cash.

In a nutshell, most of our mistakes were largely the result of not planning enough. For those of you contemplating doing a reno, here is our advice, straight from the school of hard knocks.

» Make changes during the planning stage, not the construction stage. Paul Catania of Verly Construction, the head of the company that managed our renovation, puts it plainly: "If it's well planned, and you work through the model at an early stage, you're set. Four months of doing that would have saved six months of work later on."

» Our architect Tony D'Andrea of Torplan Consultants Inc. agrees. "One of the biggest problems is that people don't give themselves enough time — give yourself at least six months for planning, and six to eight months for construction." He emphasizes that the planning must be thorough — including reviewing every aspect of the plan, city permit requirements, parking issues, and a myriad of other details.

> *« If it's well planned, and you work through the model at an early stage, you're set. Four months of doing that would have saved six months of work later on. »*
>
> *Paul Catania, Verly Construction*

» In our case, one of the things that we did wrong was to have hired an interior designer after drywall walls and ceilings were already in place. "It's a lot easier when you make changes before the drywall goes up," notes our on-site contractor Joe Rego, owner of Rego Contracting.

» Make decisions about precisely which fixtures and furniture you will buy as early as you can because the exact measurements of these items will dictate where switches, outlets and plumbing will be placed. Lina Pelaez, our construction coordinator from Verly Construction, notes wryly that these types of decisions should be made before she calls in the trades.

» Be realistic. If you are combining old and new parts of a house during a renovation, budget for uniformity. Don't leave the old part as is, alongside a completely new renovation.

» Our assumptions that we would stay in the house for the duration of the renovation became ridiculous once renovation started in the old part. Joe sums it up succinctly: "With a large reno, move out. That way the contractor has the opportunity to work everywhere, inside and out."

» He also advises that the construction site be emptied for a large project. Ours wasn't. "Freedom of movement makes a big difference in construction — it takes triple the time to move stuff up and down the stairs, and back again, and things are missed" when furniture is piled up along a wall. (Sorry about that, Joe.)

» Learn from your mistakes — you never know when you'll get the reno bug again.

ing along with a great-rate mortgage. See back page for details.

Go green in your bathroom with these bamboo accessories. Items range in price from $9.97-$29.97, and are available at Wal-Mart stores across Canada (*www.walmart.ca*). METRO NEWS SERVICES

Renomark delivers quality contractors

Website helps homeowners find bonded workers

By **TREVOR BACQUE**
for Metro Calgary

In their second year operating in Calgary, Renomark is continually building a database of bonded, certified renovation companies within the city.

It's hard finding companies that can help you tackle your home renovation, and do it right the first time.

The Canadian Home Builders Association has cooked up a new idea in the last year to help Calgarians receive the quality help they deserve.

Renomark, a program within the CHBA, allows homeowners to locate competent, bonded and certified builders to work on their dwelling.

Event Manager for Renomark, David Bears, says the program is doing well and there are no complaints due to the rigorous screening process.

"Most calls are from renovators in the community wondering how to become Renomark members," says Bears, adding that Renomark is trying to undo some of the pessimistic imagery seen on television.

"It's taking an anomaly and throwing all the focus on it."

In their second year operating in Calgary, Renomark is continually building a database of esteemed renovation companies within the city.

Jules Tessier, owner of A-A Renovation Doctor Ltd., decided to join Renomark after being approached by the company.

The contractor of more than 20 years joined not because he was looking for more work, but because he "agreed with the Renomark principles," holding renovators to higher standards.

Online, the Renomark website provides a comprehensive list of Renomark certified builders, and contact information to photo galleries of work done by Renomark members.

Don James, chairman of the Reno Council and owner of Jameswood Homes, feels Renomark Calgary is helping to remove renovating negative stereotypes some media has created in recent years.

According to James, most members of the home-builder's association are also members of the Better Business Bureau.

He says this will continue to ensure quality workmanship in a legal fashion, eliminating fly-by-night contractors who are not bonded.

"It's just a serious way to combat the PR problem renovators face," said James.

"We're trying to put some realism back in the process."

Play by rules with permits: Experts

If you are unsure, call the city office

By **TREVOR BACQUE**
for Metro Calgary

if you renovate:

» The City of Calgary website also provides a comprehensive resource, providing in-depth explanations of questions someone might have regarding renovations and legalities.

» Visit *Calgary.ca* to find out more on permits or call the city at 268-5311.

Permit fees for home renovations range from $150-$200.

A quick draft, a permit slip and you are off to the races! Not so fast.

Renovating your house in Calgary isn't too complicated, but you must play by the rules in order to transform your dilapidated domicile into a ravishing residence.

Henry van Aken, City of Calgary manager of customer advisory services for development and building approvals, says Calgarians generally err on the side of caution regarding permits, making everyone's life a lot easier.

"What surprises people most is that they don't need permits," said Aken, adding that simple things such as getting a new sink or toilet do not require a visit downtown.

Hoover Reid added a second storey to his 1946 Crescent Heights home in 2002, using all the proper channels permit-wise in order to complete his home transformation.

"It's not a sure thing, sometimes the city will say no," said the former Torontonian.

Reid, a master electrician, had to place signage in front of his house with a phone number neighbours could phone if they objected to the proposed renovation.

With no complaints the construction began on Reid's home and was completed over a four-month period.

Immediately following Reid's assembly of the walls and basic components, he let the house settle for a month.

"The house has to untwist and the glue has to cure."

Reid said it would be ideal if all homeowners could vacate for a month for a settling period, but understands not everyone has such luxuries.

Garages, decks two feet or more above grade, fences over two metres in height, and house additions all require permits.

Permit fees for home renovations typically range from $150 to $200, says Aken.

Building without a permit will result in the city placing a stop order on your house, at which point you will have to seek the proper permit.

"Worst-case scenario is we could have the structure removed," said Aken, a 27-year employee of the city.

Aken suggests homeowners should create a sketch, phone their call centre, tell them about the proposal and from there an agent can let you know if your plan meets city standards.

PL Construction Co.
GENERAL CONTRACTOR
WE PROVIDE: Design & Build
(Architectural & Engineering Drawings)
• Commercial Retail Stores • Industrial Units & Offices •
• Restaurants • Residential (Basements) •
PETER LEE Construction | GARY LEE Designer
403-978-1289
peterlee.construction@rogers.com • garylee@G-DESIGN.CA
WWW.PETERLEECONSTRUCTION.COM

TIRED OF YOUR CLUTTERED CABINETS AND PANTRY?
CustomRoll-OutDrawers
FUNCTIONAL • CONVENIENT • AFFORDABLE

FREE DRAWER WITH ANY PURCHASE
5 Drawer Minimum $100 Value
Expires May 30, 2008
• Kitchens
• Pantries
• Garages
• Closets
• Bathrooms
• Laundry Rooms
• Office
Call Now to Order
403-850-0047
ASK ABOUT A FREE IN-HOME ESTIMATE
WWW.ROLLOUTDRAWERS.COM

Receive a major home appliance worth up to $1,200. CIBC

More home power to you.

Get the borrowing solution that's right for you with the help of a CIBC advisor.

A CIBC Home Power Plan® offers:

- **Great-Rate Mortgage Solutions.** Whether fixed or variable rate, we can help you to find your best-fit mortgage.
- **Flexible Line of Credit Borrowing.** Benefit from the interest savings of a secured line of credit.

Offer ends June 30, 2008

Receive a major home appliance worth up to $1,200.

Get a CIBC Better Than Posted Mortgage,® CIBC Variable Flex Mortgage™ and/or a CIBC Home Power® line of credit, and you could choose from a selection of Sears merchandise.*

Sears

For details, visit us at any branch, cibc.com/homepowerplan or call 1-800-465-CIBC (2422) today.

CIBC
For what matters.

*Offer valid only on new CIBC Better Than Posted Mortgage with a 5, 7 or 10-year term, CIBC Variable Flex Mortgage and/or CIBC Home Power line of credit (HPLOC). Obtain 1 or 2 product(s) and be eligible for Sears merchandise valued at approx. $600/$1,200, respectively (the "Offer"). Mortgage must be $125,000 minimum (new funds only; excludes renewals) and must be advanced by Oct. 31/08. HPLOC must be activated by Oct. 31/08 and must have average minimum principal balance of $30,000 over the 3-month period following month of activation. Existing HPLOC customers are excluded from Offer. Limit 1 Offer per property. Offer ends June 30/08 and cannot be combined with any other offer. Other conditions and restrictions apply; for full Offer details, ask in branch or visit www.cibc.com/homepowerplan. All applicants and properties must satisfy CIBC lending criteria. Mortgages provided by CIBC Mortgages Inc. Image is for illustration purposes only. ®Registered trademark of CIBC. "CIBC For what matters." is a TM of CIBC. ™Trademark of CIBC.

The Ringling, right, is both a clever and stylish way to store rings and other small jewelry items; Umbra, $8.50 through *www.umbra.com*. METRO NEWS SERVICES

Décor marries reno and existing space

Don't forget to spruce up 'old' sections of house

ARRESTING DESIGN
JEFFREY FISHER & TAMMY SCHNURR
busted@arrestingdesign.com

You can try to fool yourself about this one, but you won't fool anybody else.

We've seen the unfortunate end result of spending money on a lovely addition while leaving the old, cruddy part of the house as it always was.

Don't do it! We know that the marriage of old lived-in space and shiny new renovation doesn't work.

Be realistic in the planning stage of your renovation — you'll need to budget for bringing the whole house up to a reasonable level of "newness." Many people who renovate are trying to save money, and actively avoid thinking about updating the "old" part. (It's called sticking your head in the sand.)

But believe us, you'll end up shelling out cash to fix it up sooner or later, and it will probably be sooner, because you can't stand to look at that glaring discrepancy any longer. It will bug you every single day you live in that house — it would certainly drive us loco.

> *« Many people who renovate are trying to save money, so they actively avoid thinking about updating the 'old' part of their house. (It's called sticking your head in the sand.)»*

Luckily, there are some decor basics in minimizing that divide, and in making the house with a new addition look more unified. And the cost factor may be much lower than you think.

The first thing is to choose paint colour for the whole house — it must work together.

Depending on the size of your reno, you can decide on the same colour for both the new section and the older one, or you can choose a complementary colour that looks good with all the other tones in the house.

Don't just paint the new section your favourite colour, and expect it to look good with the existing house. It won't.

Trim is also important — baseboards, trim around windows and trim in any other place should be consistent. If you have wood trim in the old part, you will find that matching that trim is sometimes difficult, and wood nowadays is expensive. If you are doing a large reno, you may find that it is actually cheaper to rip out the old trimwork (ouch!), and replace it with the same painted MDF trim throughout the house.

Another consideration is flooring. If your reno combines old and new space in the same room, you will need to put in new flooring for the whole space.

If the addition is a separate room separated from the old space, you can get away with a change of flooring (such as tile up against wood), as long as it is complementary, both in colour and in mood.

Remember that a well-used wood floor will look strange up against a high-gloss marble tile, for example. Keep the feel of the whole house similar.

TORSTAR FILE PHOTO

Post-reno, you'll want to ensure décor in the existing portion of your house doesn't clash with the new space. Paint colours, for example, must work for the whole house; paint chips by Farrow & Ball.

Metal fixtures, whether they be kitchen faucets, bathroom faucets or door handles, should be similar in look.

Keep the metal the same if possible. That is, use chrome throughout, or antique gold, but don't use one metal and style in the new section and leave another metal and style in the old section.

Last but not least, do not decorate the new section in a style that is vastly different to that in the older part of the house.

Strive to bring the old and new together in terms of style, mood and colour.

After all, if the discrepancy between old and new is the most visible thing about your house, your beautiful new space won't shine the way it should.

Tammy Schnurr and Jeffrey Fisher are hosts of Arresting Design on W Network. Tammy is an interior decorator. Jeffrey designs home furnishings and bedding through his company Jeffrey Fisher Home.

Most clutter-hounds have plenty of traits in common

Does clutter cultivate creativity or crush it? You decide.

Clutter is getting a bad rap lately. In general, folks with out-of-control clutter are stigmatized, not unlike people who smoke or are overweight. But I can understand the comforts of a cluttered corner — I once lived on the other side of neat before changing my ways.

ORGANIZED ZONE
BRENDA BORENSTEIN
metro@organizedzone.com

When life gets messy, it's usually reflected in our personal living spaces. A messy space always has a story to tell. I've found most cluttered people have traits in common:

» They're very sentimental about memories and want to keep all memorabilia.

» They don't like to be wasteful. If there's a chance they could use something someday, they want to keep it, just in case the opportunity arises.

» They have great intentions, always buying cleaning products and bins to help them get organized — one day, they'll get around to it.

» Many cluttered people also love to read and store information at home. They clip out tons of interesting articles from newspapers and magazines, and store them somewhere in a pile. They believe that sometime, they may want to refer to the article again.

» Then there are savvy sale-hunters, who find and snap up the best discounts, whether they need an item or not.

My own experience after meeting and working with all these folks, is that clutter can both cultivate and crush creativity.

But I also know that creating immediate visual clarity — whether straightening piles on a desk or putting away clothes thrown over a chair — can give anyone a boost.

Brenda Borenstein is your professional organizing guru. Look for her column every second Thursday. For more, visit www.organizedzone.com. "There is nothing I haven't seen and nothing that can't be overcome."

5 unique ways of renting and buying real estate in Western Canada

A GREAT MARKETING OPPORTUNITY...
Have your property listed online and in local newspapers across Western Canada.

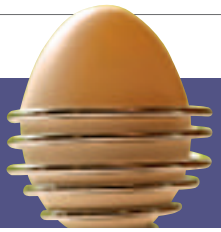
Over 257,000+ monthly visitors;
Get tips and insight from other homesellers, buyers and realtors from the wizard blog

ALL RENTAL POSTINGS ARE FREE OF CHARGE

Homewizard.ca

call: 1.866-wizard.0 - click: www.homewizard.ca - Vancouver: 604.669.0202

food



A diet rich in the omega-3 fatty acid DHA (found in omega-3 enriched eggs, seafood and fish) has been found to significantly reduce the risk of dementia and Alzheimer's disease.

CBC NEWS ONLINE

Tortilla Española (Spanish potato omelette)

A timeless classic, the Spanish potato omelette can be cut into wedges for brunch or small squares for an appetizer and served with spicy salsa.
This recipe is adapted from the Culinary Institute of America's Spain and the World Table.

INGREDIENTS:
8 Yukon Gold potatoes, peeled and sliced 1/8-inch thick (about 2 lbs/900 g)
1-3/4 tsp salt, divided
1/2 cup + 2 tbsp olive oil, divided
1 cup chopped yellow onions
1/3 cup chopped red bell peppers
1/3 cup chopped green bell peppers
1-1/2 cups prosciutto, diced (125 g package)
10 large eggs

METHOD:
Toss potatoes with 1 teaspoon salt in large bowl. Heat 1/2 cup olive oil in large, non-stick frying pan over medium heat. Add potatoes. Cook, stirring occasionally, until potatoes soften but don't brown, about 5 minutes. Add onions, peppers and prosciutto. Cook 10 minutes until potatoes are tender and ingredients well blended. Transfer to colander placed over bowl and drain off liquid. Clean pan.
In large bowl, beat eggs. Stir in potato mixture and add 3/4 teaspoon salt.
Return pan to medium heat. Add 2 tablespoons olive oil; pour in egg mixture when oil is very hot. Tilt pan so eggs evenly cover bottom. Reduce heat to low. Cook, shaking pan once or twice, until omelette has set, about 10 minutes. Cover pan with large plate. Invert so omelette is cooked side up on plate. Slide back into pan and cook other side until lightly browned, about 5 minutes. Cool to room temperature before slicing.

COURTESY OF TORSTAR NEWS SERVICE

»news
In Brief

» **ORGANIC** Organic food is a booming business in Canada, with sales reportedly rising by 20 per cent a year for most of this decade, CBC News Online reports. The market has grown so quickly that major supermarket chains are having difficulty keeping up with the demand. A report released by the Organic Agriculture Centre of Canada in May 2007, estimated that Canadians spent at least $1 billion on certified organic produce in 2006.

METRO NEWS SERVICES

TV star Jillian just loves a big bird

Meteorologist's a fan of her dad's holiday cooking

Jillian Barberie Reynolds is the FOX Network News Meteorologist and an actress. Jillian is a native of Burlington, Ontario. Jillian appeared as the character Foxey Levin, opposite Pamela Anderson in the TV series VIP. Jillian put her passion for figure skating to good use on the reality show Skating with Celebrities.

CELEB KITCHENS
MARCY CORNBLUM
entertainment@metronews.ca

Q What is your fondest memory from your family kitchen?

A My dad (Big Jim's) holiday cooking. Big bird, mashed potatoes — the whole nine yards!

Q What kitchen aromas bring back fond memories?

A The delicious aroma of turkey and potatoes.

Q Who is your favourite cook?

A Giada De Laurentiis (host of Food Network's Everyday Italian) is second to my husband!

Q What is your favourite food to cook?

A I'm new to the cooking game. I watch the Food Network and copy their recipes.

Q Do you use cookbooks?

A Yes. The chefs that come on our show

Reynolds

give out cookbooks as gifts. I really like Gordon Ramsay 3 Star Chef.

Q How did the first meal you prepared turn out?

A Yuk! But I'm a good student.

Q What kitchen gadget can you not live without?

A My husband when he cooks.

Q What traditions from your background involving food do you partake in?

A I'm a great eater, always have been. No traditions, I'm just a good eater.

Q Is there a cultural dish that you prepare that ties into a holiday?

A I always make a big dinner on Canada Day.

Marcy Cornblum is a freelance journalist. After 25 years of celebrity-filled adventures, she is using her experiences to enlighten others in understanding the media. Reach her at *mediasavvy@pathcom.com.*

ALPINE RAFTING
KICKING HORSE RIVER

Alpine Rafting offers HALF and FULL Day Trips on the Kicking Horse River!
Our opening weekend is right around the corner, so here are some fantastic deals that will be hard to pass up.

SPRING SPECIAL
BOOK A RAFTING TRIP FOR MAY 17TH - JUNE 7TH, 2008
AND RECEIVE 2 RAFTING TRIPS FOR THE PRICE OF 1!
This special is available exclusively to Metro Readers.
Quote promo code 'Metro'

WIN AN AWESOME RAFTING PACKAGE!
For You and 3 Friends!
Visit our contest page at
www.kickinghorsecontest.com
Draw is May 20th 2008

To Book your Rafting Trip Call 1-888-599-5299 or visit www.alpinerafting.com

DOES YOUR IMMUNE SYSTEM NEED A SUPER BOOST?
Introducing New BioBest Maximmunité.
You balance it all and then some. You're a super woman. That's why there's new Maximmunité, a delicious probiotic drink with 10 billion active probiotic cultures per serving that helps strengthen your body's immune system. Only Maximmunité offers the unique Immunofit™ culture blend of 2 active probiotics that specifically target and build the natural defenses in your digestive tract. Make it a part of your daily ritual. (Crime-fighting or minivan driving.) Available in 3 delicious flavours: Strawberry, Vanilla and Açai Berry.
www.feelgoodinside.ca
IMMUNOFIT
Astro
BioBest
MAXIMMUNITÉ
7plus1

Don't store ice cream on the freezer door. Because of all the opening and closing, the temperature fluctuates much more, meaning the ice cream is prone to melt and re-freeze. NEWS CANADA

Maple Roasted Stone Fruit and Vanilla Ice Cream

Fresh Canadian produce from local farmers and growers just can't be topped. Strawberries in late July; stone fruits like plums and peaches in late August.

INGREDIENTS:
2 each peaches, plums and nectarines
3 tbsp (45 mL) pure maple syrup
1/2 tsp (2 mL) ground cardamom
2 tbsp (25 mL) melted butter
2 rosemary sprigs
1 tbsp (15 mL) freshly squeezed orange juice
2 cups (500 mL) Nestlé Real Dairy French Vanilla Ice Cream (50% Less Fat French Vanilla can be substituted)

METHOD:
Preheat oven to 400ºF (200ºC).
Cut fruit into quarters and remove pits.
Place fruit in bowl and drizzle with maple syrup and butter. Sprinkle with cardamom and rosemary, tossing gently until fruit is coated.
Arrange fruit in a single layer on a parchment-lined baking sheet; pour extra syrup mixture over fruit. Bake in centre of oven, turning gently, until fruit is fork tender and golden (about 10-15 min).
Spoon fruit mixture over ice cream. Makes 4-6 servings.

COURTESY OF NEWS CANADA

Adventures in barbecuing

A Leger Marketing poll reveals that more than two thirds (70 per cent) of Canadians describe themselves as having an "adventurous" barbecue personality — and yet this confidence is expressed so differently from region to region.

Of course, being adventurous is not only what we cook, but how we cook it.

Seasoning, in particular, can be improvised creatively. A few dashes of your favourite condiments can make your meal mouth watering. Here are some popular 'secrets' from grillers across Canada:

» Lea & Perrins Worcestershire Sauce is often used as a secret ingredient in ground beef recipes like the burger, for example. Just add a few dashes of Lea & Perrins to your ground meat for flavour, form patties, grill, glaze and you are done.

HP Sauce is a very popular dip for steak.

» Diana Sauce stirred into mayonnaise makes a zesty condiment for those burgers or try it on grilled sandwiches.

» A few dashes of Lea & Perrins on fresh summer seafood is another great way to add quick, delicious flavour.

» Try this basting and dipping sauce for seafood on both the East and West coasts or anywhere in between: Blend a teaspoon of Heinz Ketchup with a teaspoon of horseradish plus a generous splash of Worcestershire sauce to taste.

» HP Sauce is a very popular dip for steak, and many Canadians also rave about what it does as a baste on grilled veggies and fish.

» HP Sauce mixed with orange marmalade makes a tasty glaze for grilled chicken and pork.

NEWS CANADA

Career Finder

To Advertise Call Cherrie Crisostomo at 403-539-4952

metro

Metro Calgary is seeking an aggressive, results-oriented Outside and Inside Advertising Sales Representative

The ideal candidate will utilize creative strategies to customize a broad range of advertising options to support clients in achieving their business objectives. Sales representatives must possess the flexibility and poise necessary to reach out and develop relationships with local businesses. Primary responsibilities will be the Entertainment Vertical.

In addition to a full benefits package and dynamic work environment, Metro offers results-oriented sales representatives the opportunity to achieve high rewards for successful performance.

Qualified candidates will possess:
- Minimum 2 years of demonstrated success in advertising sales or business-to-business sales
- Excellent networking, organizational and time management skills
- Outstanding verbal and written communication skills, including proficiency with Internet and email
- A self-motivated desire to develop new business
- Some college education of relevant post-secondary training

To Apply:
Cover letter required. Please specifically state the position you are applying for and how your experience, skills/abilities, education and training match this position.

Please send your cover letter and resume by email to:
Steve Shrout, Publisher
steve.shrout@metronews.ca
Subject: Sales Rep at METRO

CHRISTI

HAVE FUN MAKING MONEY AS AN ACTOR OR MOVIE EXTRA ON CALGARY FILMS

CONTACT (403) 521-0077

metro

METRO CONDO CARRIER NEEDED

Earn extra money by delivering Metro each morning to apartments and condos.

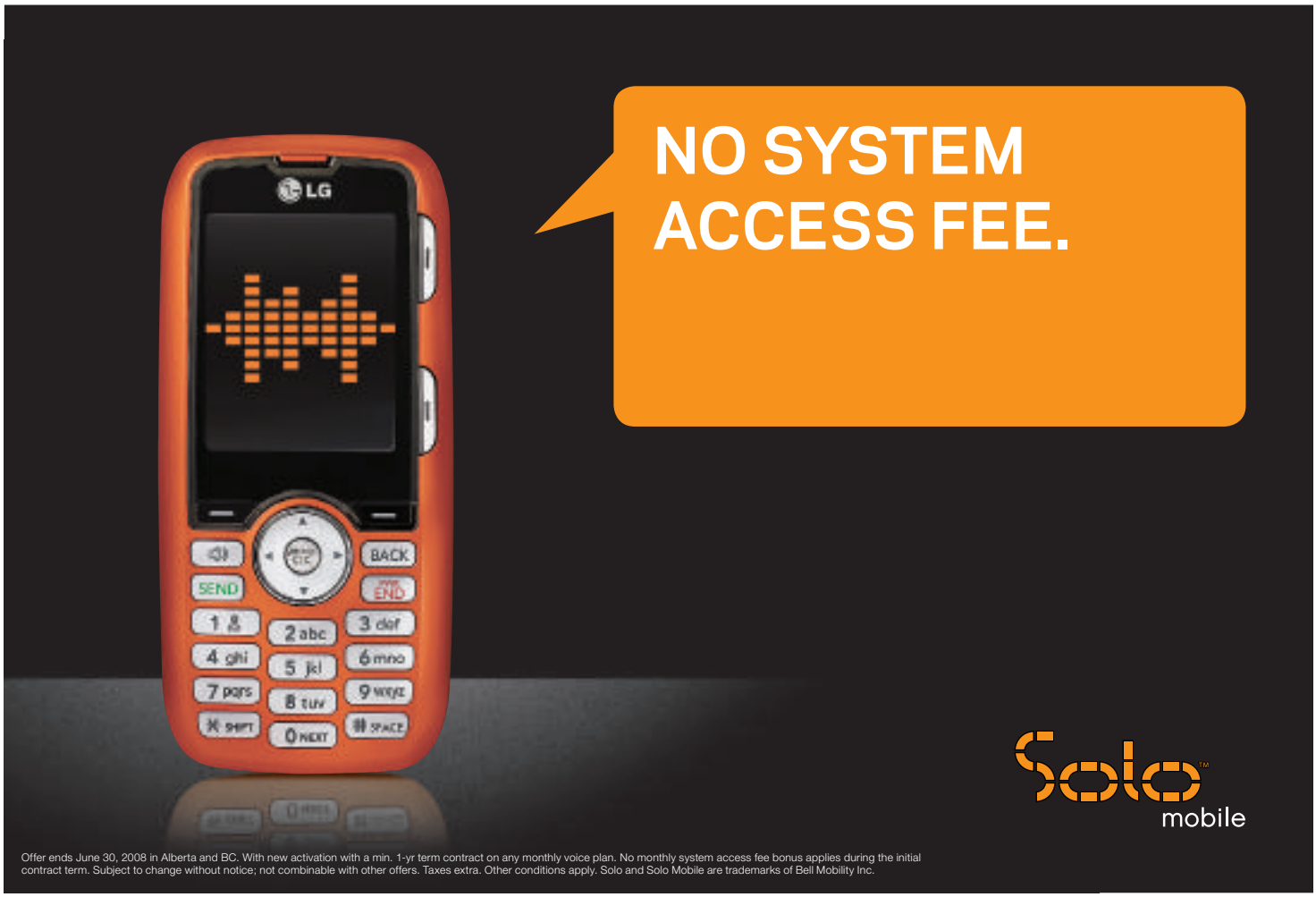
- Weekends and Most Holidays Off
- No Collecting
- Mostly Lobby Drops
- Compact Walking Routes

Call: WARREN WENHAM (403) 560-1864
or Email: warren.wenham@metronews.ca

Job At Home
$487.68 Weekly.
Mail Work, Assemble Products or Computer Work.
www.TopJobAlberta.com
Or Write to:
CHR Jobs, 372 Rideau St.
#916-MC1
Ottawa ON, K1N 1G7

Young, Urban, Active

metro



Offer ends June 30, 2008 in Alberta and BC. With new activation with a min. 1-yr term contract on any monthly voice plan. No monthly system access fee bonus applies during the initial contract term. Subject to change without notice; not combinable with other offers. Taxes extra. Other conditions apply. Solo and Solo Mobile are trademarks of Bell Mobility Inc.

metro TOP 5IVE

Foods to impress your girlfriend:

1. Cheesecake, below, garnished with a chick flick.
2. A crisp white wine with raspberries in her glass.
3. Surprise her by cooking breakfast, or any meal, while she's comfortably nestled in bed.
4. Pan-seared salmon marinated in white wine and herb sauce (available at the deli in your grocery store).
5. Berry pie (fresh berries and a little blueberry pie filler in a graham cracker shell, topped with real whipped cream).

— Douglas Dunlop/for Metro Calgary

Tasting your way to better health

Supertasters can do more than just sip nice wines

Lucky for those of us who like a nice glass of wine or a strong cup of coffee there is still no machine that can match the human taste bud in separating the horrible from the divine. Rest assured that your favourite wine, coffee or herbal remedy, has likely been tested by an expert known as a supertaster.

Only about 25 per cent of the population are supertasters because they have more papillae, or taste buds, on their tongues, allowing them to work as wine and coffee tasters, chefs and even herbalists. Jim Strauss of Kamloops, B.C., is one of those supertasters.

At age 57, after a heart attack and facing bypass surgery and a lifetime of drugs, he used his supertasting skills to recreate a herbal remedy passed down through generations of his family, and taught to him as a child — a formulation that he hoped would heal his failing heart.

Supertasters can not only distinguish what's good and bad in the world of wine and coffee, they can also aid your health through herbal remedies.

Nearly 30 years later, the remedy, which contains a complex combination of herbs including garlic, cayenne, and bilberry, has become a highly popular product in Canada, and numerous other countries.

"I continue to receive letters from all over the world from people whose lives have been improved after taking my family's products," says the retired Strauss who recovered from his heart problems without having surgery, almost 30 years ago.

Dr. Carolyn Dean, Canadian physician and naturopath, says there is merit to using blends of herbs that have been expertly matched by supertasters like Strauss.

"Supertasters can compete with the most sophisticated laboratory equipment in their ability to distinguish between herbal constituents," says Dr. Dean. "When illness occurs, additional stresses are placed on the body's natural healing process. To rebuild and strengthen the body's healing process, specific nutrients should be re-absorbed into the body to replenish the drained resources."

"Herbal foods and formulations can provide these nutrients in proper proportions to empower and strengthen specific body functions. Our experience has shown that certain herbs work better together than others, many acting synergistically for specific indications, improving each other's effectiveness."

NEWS CANADA

health

Sunshine vitamin may extend lives

VITAMIN D Imagine incorporating an inexpensive, single supplement into your life that promises to strengthen your bones, thwart different forms of cancer, stave off multiple sclerosis and autoimmune disorders and fight infections. New research into the preventive benefits of vitamin D has raised hopes that the sunshine vitamin, which is produced naturally in the body through exposure to the sun's ultraviolet rays, could extend and improve people's lives, CBC News Online reports. The best sources of vitamin D from food are: Milk — 1 cup: 100 International Units (IU); fortified rice or soy beverage — 1 cup: 100 IU; salmon canned, pink, — 3 oz: 530 IU; and tuna canned, light, — 3 0z: 200 IU.

METRO NEWS SERVICES

entertainment

Actress Gwyneth Paltrow, left, has revealed she is the new face of luxury brand Tod's. PEOPLE.COM

Hedley up for 6 MMVAs

Feist

Canadian rockers Hedley have been nominated for six MuchMusic Video Awards, organizers announced yesterday.

Following closely are Belly and illScarlett with five nods each. The MuchMusic Video Awards are set to air live on the cable station on June 15. Other Canadian acts City and Colour, Feist, Sam Roberts and Simple Plan also received multiple nominations. International acts up for awards include Flo Rida, Kanye West and Rihanna. METRO NEWS SERVICES

Cook serves up win

Rocker takes Idol crown over David Archuleta

By SANDY CAETANO for Metro Calgary

David Cook, the rocker and former bartender from Blue Springs, Mo., was crowned this season's champion during last night's star-studded two-hour finale of American Idol.

It was a surprise the all-American boy next door, David Archuleta 17, wasn't the one to win since all the girls seemed to have gone crazy for him. But he lost to his fellow competitor by a difference of 12 million votes. It was the highest number of votes ever in American Idol history, after 97.5 million votes were cast for the final two, smashing the record by more than 23 million.

Last night's finale featured the return of the Top 12, including Cook and Archuleta, who opened the show with a group number followed by another performance of Chad Kroeger's Hero by the final two.

Promoting the film The Love Guru, coming out June 20, and offering advice to Cook and Archuleta was Guru Pitka, also known as Emmy Award-winning Canadian actor, comedian, screenwriter and film producer Mike Myers.

Among last night's celebrity performers were Seal, Donna Summer, who sang her new single Stamp Your Feet, Canadian singer/songwriter Bryan Adams, ZZ Top, Graham Nash, The Jonas Brothers and One Republic. George Michael even made an appearance coinciding with his first tour in 17 years starting in San Diego June 17.

And to add a few laughs was Renaldo Lapuz, who tried out for the competition earlier on in the season, to perform the song he wrote for judge Simon Cowell called We Are Brothers Forever.

Jordin Sparks, last season's American Idol winner, and Carrie Underwood also made appearances.

"For the first time ever I don't really care who wins," said Cowell, commenting on how great both the final competitors are.

"I started this season … as the word nerd, and I'm very much at a loss for words," said Cook after the results were read, before singing his new single Time Of My Life.

CTV PHOTOS

David Cook, left, and David Archuleta faced off on the finale of American Idol.

Indiana Jones screen times

CINEPLEX EMPIRE

CROWFOOT CROSSING
91 Crowfoot Terrace, 403-547-3316
No Passes Thu 12:15-12:35-1:10-3:30-3:45-4-6:30-7-7:30-9:40-10:15-10:25

EAU CLAIRE MARKET
200 Barlay Parade, 403-263-3166
NO PASSES THU 6:40-10

EMPIRE STUDIO 16 COUNTRY HILLS
388 Country Hills Blvd., 403-686-8491
NO PASSES, STADIUM SEATING, SR DOLBY DIGITAL THU 12:15-12:45-1:15-1:45-3:15-3:45-4:15-4:45-6:45-7:15-7:30-8-9:35-10:15

EMPIRE STUDIO 10 MACLEOD TRAIL
100-16061 MacLeod Trail, 403-974-0470
NO PASSES THU 12:50-1:20-4-4:30-7:15-7:40-10:20-10:40 NO PASSES THU 12:20-3:30-6:40-9:50

SCOTIABANK CHINOOK
6455 MacLeod Trail, 403-212-8994
NO PASSES THU 12-12:30-1-1:30-3:15-3:45-4:15-4:45-6:45-7:15-7:30-7:50-9:45-10:20-10:40-10:5

SUNRIDGE SPECTRUM
2555 32nd Street, 403-717-1200
NO PASSES THU 12-12:30-1-3-3:45-4:10-6:30-7:05-7:30-9:25-10-10:30

WESTHILLS 10
165 Stewart Green, 403-246-5291
NO PASSES THU 5:10-5:50-8:10-8:40

Indiana Jones is rated (PG). Times are subject to change.

Little Shop of Horrors
Book & Lyrics by Howard Ashman
Music by Alan Menken
Opens this Friday!
MAY 25 to JUNE 9, 2007
FOR TICKETS CALL 263-0079
or visit www.irontrowcentre.ca

sweden

Floyd, Fleming win Polar Music Prize

Fleming

AWARDS

British rock band Pink Floyd and American soprano Renée Fleming were awarded Sweden's annual Polar Music Prize yesterday, joining an eclectic group of winners including Paul McCartney, Elton John, Quincy Jones and Joni Mitchell.

The group and the opera singer will receive cash prizes of 1 million Swedish crowns ($169,500 US) each at a ceremony held in Stockholm on August 26.

REUTERS

PLANS AS LOW AS $15 A MONTH.
LG
Solo mobile
For a limited time only. With new activation with a minimum 30 day contract. Subject to change without notice; not combinable with other offers. Taxes extra. Other conditions apply. Solo and Solo Mobile are trademarks of Bell Mobility Inc.

More twists than Indy's whip

Indiana Jones And The Kingdom Of The Crystal Skull
Stars Harrison Ford, Shia LaBeouf
Director Steven Spielberg
PG

By **CHRIS ATCHISON**
for Metro Calgary

REVIEW **FILM FANS YOUNG** and old will be hard-pressed to miss the smile creeping across their faces when they hear John Williams' famed score and see that trademark fedora make its first big screen appearance in 19 years, in a much-anticipated re-introduction to the greatest adventure character of all time.

It's a welcomed reunion and from its opening scenes, it's clear that Indiana Jones And The Kingdom Of The Crystal Skull is equal parts homage to the beloved series and progression of the archaeologist's perennially-exciting story.

In this instalment, an evil corps of Russians is hunting down the mysterious and powerful crystal skull, an ancient Mayan relic said to pre-date the Egyptian pyramids.

Jones (Harrison Ford), accompanied by a misfit named Mutt Williams (an impressive performance by Transformers' Shia LaBeouf), sets out on a journey to find the skull and figure out the secrets behind its alleged powers before the Soviets net the treasure and possibly gain an upper hand in the raging Cold War.

Along the way Jones reunites with Marion Ravenwood (Raiders Of The Lost Ark's Karen Allen) and joins forces with a host of characters including his treasure-hunting partner Mac (Ray Winstone).

And that's about all that can be said about the plot of the new Indiana Jones flick without giving away key details — but it should be noted that this storyline has more twists than Indy's whip, making for a fun ride from start to finish.

Harrison Ford and Cate Blanchett in a scene from Indiana Jones And The Kingdom Of the Crystal Skull.

Director Steven Spielberg and writer-producer George Lucas have indeed brought Dr. Jones back in style.

The action sequences come fast and furious and Indy is still up to the task — at 65, Ford still makes a believable, appropriately weathered, swashbuckler — while screenwriter David Koepp (War Of The Worlds) adds ample references to the passing of time since we last saw our hero ride off into the sunset at the finale of Indiana Jones And The Last Crusade.

That's a key reason why this series has worked so well and still resonates with audiences. Indiana Jones is a vulnerable hero. He ages and shows it, he makes mistakes and has his vulnerabilities — namely a fear of snakes, his love for Marion and a desire for altruism over greed.

While the dialogue plods at times and a few scenes are more than a little far-fetched (but then again, which of the Indiana Jones films don't have their fair share of outrageous story elements?), The Kingdom Of The Crystal Skull is pure summertime blockbuster joy.

Hopefully Indy has a few more artifacts to recover because his return is all the proof we need that, even after nearly two decades on hiatus and a few more grey hairs, he's still worth the price of admission.

DROP

EVERYTHING

AND FIGHT CANCERS BELOW THE WAIST

ALBERTA CANCER FOUNDATION'S THE UNDERWEAR AFFAIR® UNCOVERTHECURE.ORG

The Underwear Affair®

10K RUN & 5K WALK

Sponsored By

metro

Do it daily.

SIGN UP AT UNCOVERTHECURE.ORG
OR CALL 403 269-3337

Alberta CANCER FOUNDATION

PER-SECOND
BILLING.
LG
Solo
mobile
With new activation on a monthly voice plan. Applies to local calls. Taxes extra. Other conditions apply. Solo and Solo Mobile are trademarks of Bell Mobility Inc.

Writers punctuate weekend

The place to be this weekend is the Lilac Festival on Sunday. But that doesn't mean it's the only place to be.

Maybe if you don't like big crowds of happy people, live music and sunshine, you might want to consider some other options. (Just a note here: If you hate happy people, music and warm light, you might want to consider some therapy in lieu of the following. And I mean that as your friend.)

As the choice in Calgary's cultural scene thickens, our writers are emerging from the quiet cafés and dark home offices where they work. Chapters at 9631 Macleod Trail S. is hosting a hodgepodge of wordsmiths on Saturday from 11 a.m. to 5 p.m., including local foodies dee Hobsbawn-Smith and John Gilchrist. Close to 30 writers will be answering questions and signing books.

"It's such a nice way to remind the writers of the

value of our audience and to see what we're bringing to people's lives," says non-fiction author Sheelagh Matthews. For more information, call 212-1442. This event is free. Except for the Starbucks, that is.

OK, perhaps if you don't like crowds, a bunch of writers and their fans congregating isn't for you. What about catching The Hives instead?

Not that kind. I mean the Swedish rock band. They play MacEwan Hall tonight at 7 p.m. Take a listen to their pure rock sound that smacks of the Stones at *www.myspace.com/ thehives*. You like? Tix are $33 plus surcharges at Ticketmaster.

Wait, that sounds like music. Try this one.

The Calgary International Children's Festival has been showcasing music, art and theatre for kids this week. Here's a play for 10 to 14-year-olds that reads like a precursor to the upcoming Sex And The City movie. Shopping For Shoes follows the adventures of a girl named Siobhan who wants her crush Shaun to like her as much as he loves brand-name running shoes. Sounds like Carrie Bradshaw to me.

Tickets for the Friday and Saturday shows are $10. Visit *www.calgarychildfest.org* for info.

Hmm, if crowds of happy people aren't your deal, screaming kids hopped-up on sugar probably aren't either. You might want to stay home this weekend. Or book that appointment ASAP.

Heather Setka has been skulking around the Calgary cultural scene for the past four years, including a stint as Setka In The City on CBC radio. She's a lover of the aesthetic, the aural and all things esoteric.

BRUCE BENNETT/GETTY IMAGES

The Hives front man Pelle Almqvist and the rest of the band are scheduled to play MacEwan Hall tonight.

in court

Boy band mogul sentenced

PEOPLE Boy band mogul Lou Pearlman, who launched the Backstreet Boys and 'N Sync, was sentenced yesterday to 25 years in prison for swindling investors and major U.S. banks out of more than $300 million US.

For two decades, Pearlman enticed banks and individuals to invest millions of dollars in two companies that existed only on paper and won the confidence of investors with strong but fake financial statements created by a fictitious accounting firm, according to his plea agreement. REUTERS

»news In Brief

» **MUSIC** Courtney Love has taken to her MySpace blog to describe as "nonsense!" an online report that she has scrapped work on her second solo album.

» **MOVIES** Jake Gyllenhaal will star in Prince Of Persia: The Sands Of Time, Disney's feature adaptation of Ubisoft's popular video game. Gyllenhaal will play Dastan, a young prince. Production is set to start in July in Morocco and England. REUTERS

Hannah Montana star Miley Cyrus, left, will release the first full-length album under her own name on July 22. Breakout comes on the heels of two albums tied to her title role as Hannah Montana.

REUTERS

Fox comfortable at the top

IDIOT BOX

RICK McGINNIS
rick.mcginnis@metronews.ca

HERE WE GO AGAIN: Every year around this time, after the tumbrels have rolled and the blade has come down on the last of the year's failed shows, the numbers are crunched and the cumulative ratings winner of the TV season just ended is announced. For the last few years — or basically as long as I've been writing this column — the big news is usually that Fox has done well, really well, and has either threatened to unseat NBC or CBS for their customary post at the top of the ratings ladder.

It's a funny ritual — if you find ratings tallies and the imprecise language of demography funny. (I do, which is why you don't want to invite me to parties.) CBS' presumed lead for the last few years has been harder to defend, as Fox has taken the lead in more and more key ratings demographics, and has been unofficially crowned winner-in-every-way-that-matters for at least the last two years.

It's been an irritating little ritual to watch, year after year, and it sometimes seemed like the squeamishness about the obvious truth was motivated by the continued perception of Fox as the upstart, the scrawny fox set among the regal network chickens. After reading the round-ups, with their careful parsing of the ratings, I always wanted to hit the caps key on my keyboard and writing something like FOX IS THE NUMBER ONE NETWORK ALREADY CAN'T WE JUST GET USED TO IT?

> *« Fox's ascension to the throne (of network ratings) feels like being crowned king of some plague-wracked, war-ravaged kingdom. »*

This year, there's no point even pretending anymore, as the Los Angeles Times business section ran a story yesterday that the Nielsen numbers have awarded Fox "the largest audience in prime time" and that the network "should collect blue ribbons in every major demographic category." The big "but" to the story is that, given the dismal shambles that characterized the 2007-08 season, which began with a generally unimpressive slate of new shows before being derailed by the writers' strike, Fox's ascension to the throne feels like being crowned king of some plague-wracked, war-ravaged kingdom.

This is the fourth year in a row that Fox has ruled the 18-49-year-old roost, helped enormously by American Idol, and despite a 10-per-cent decline in the show's ratings. With fewer scripted shows, and a shortened prime time (the network switches to local news at 10pm, while its competition has another hour to fill with original programming), Fox was best positioned to survive the year's harrowing conditions, and saw a five-per-cent rise in overall ratings since last year.

Further down the rankings, ABC and CBS are in a photo finish for second place, while NBC, the top network when its comedies ruled the night just a few years ago, is firmly in fourth place. This is known in the business as the Curse Of Joey, and the network is rumoured to be considering ritual exorcism of all of its programming executives at some point over the summer.

Rick McGinnis writes about music, movies, books and television, but not opera.

	Vu SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
5/22/08 primetime	267 351 - ACCESS	Law Order: CI		The Medallion ★★ (2003, Action)				To Be Announced		Help TV
	243 317 3 CFCN	Grey's Anatomy "Freedom" (N)				So You Think You Can Dance (N)				News (N)
	- - 4 BROAD	Broadcast News		Broadcast News News.						
	- 371 5 KXLY	News	News	Entertain	Insider	Ugly Betty (N)		Grey's Anatomy (N)		
	245 306 6 CBRT	NHL Hockey		CBC News	22 Min	To Be Announced		National		The Hour
	244 338 7 CICT	ET	Entertain	Deal or No Deal (N)			Last Comic Standing (N)			News
	246 - 8 CKAL	Friends	Friends	Reaper (N)		Ugly Betty (N)		The Bachelorette (N)		
	119 705 9 CBXFT	Squelettes	Belle-baie	Perdus (HDTV) (SC)		France		Le Téléjournal (SC)		TJ Alberta
	- - 10 SHAW	(6) Local Programming						Local Programming		
	- 372 12 KREM	News (N)	Hollywood	Friends	Scrubs	Big Bang	How I Met	CSI: Crime Scn		Without
	- 374 14 KSPS	News-Lehrer		Health Matters		New Tricks		Globe Trekker		Normandie
	502 390 15 CBC	National		National		National		National		Earth
	- 370 16 KHQ	News (N)	Raymond	Jeopardy!	Fortune	Deal or No Deal (N)			Last Comic Standing	
	- 373 22 KAYU	'70s Show	Simpsons	Two Men	Two Men	So You Think You Can Dance (N)				News (N)
	297 652 37 WPIX	Supernatural		CW11 News at Ten		Fam. Guy	Two Men	Sex & City	Will-Grace	Frasier
news	500 500 29 CNN	Larry King Live		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper
	508 502 31 CNN2	Glenn Beck		Nancy Grace		Showbiz Tonight		Glenn Beck		Grace
sports	400 400 21 TSN	NBA Basketball: Eastern Conf. Final Game 2				SportsCentre		EURO Classic Soccer		Poker
	408 418 27 net	CHL Hockey		Sportsnet Connected		84 Countdown		Sportsnet Connected		Sports
	410 403 30 SCORE	Score Update		Score Tonight		The Spin		Score Update		Update
	411 457 44 OLN	Mark Williams		Don't Forget		Pilot Guides		Don't Forget		Everest
	417 406 48 SPEED	NASCAR	Pinks Out	Low Life	Low Life	Pinks	Pass Time	Monster Jam		Pinks All
family	552 543 20 YTV	Drake	Drake	Malcolm	Prank Ptrl	Fries	Monster	Futurama	Shadow	Falcon
	557 541 39 FAM	Zoey 101	Life Derek	So Raven	Smart Guy	Suite Life	Naturally	Montana	Life Derek	School
	555 545 67 TOON	6teen	Johnny T	George	Road Run	Scooby	Futurama	Chicken	Tripping	Chicken
	575 583 11 CMT	Reba	Hope	Home Imp.	Roseanne	Dedicated (N)		Reba	Hope	Home Imp.
	553 546 17 TREE	Little Bear	Spider	Couch	Rolie Polie	Berenstain	Dragon	Backyard	Dora	Quilt
	- - 18 CHTV	'70s Show	E! News	Cash Queens		Scream Queens		Cash Queens		News (N)
	505 398 19 TWN	EarthWatch One		EarthWatch One		EarthWatch Two				
	602 568 23 W	Shopping	House	Will-Grace	Friends	Divine	House	Colour	House	Wasted!
	521 560 24 TLC	American Chopper		Miami Ink (N)		American Chopper		Miami Ink		Overhaulin
	603 561 25 FOOD	Unwrap	Unwrap	Secret	Secret	Cakes	Cakes	Iron Chef America		Unwrap
	615 520 26 A&E	The First 48		Crime 360 (N)		The First 48		The First 48		First 48
	617 522 32 SHOW	Trailer	Billable	ReGenesis		Intelligence (HDTV)		G-Spot	Exes Ohs	The Shield
	601 562 33 SLICE	Last 10	Brides	Biggest Loser		Rich-Poor Bride		Last 10	Brides	Big Loser
	- 633 34 ENC2	(7:15) Heaven Before I Die ★★ (1997)				The Frisco Kid ★★ (1979, Western)				Frantic
	520 505 35 DISC	Animal Face-Off		MythBusters		Daily Planet		Daily Planet		Animal
	620 523 36 BRAVO	(6:30) Mary Reilly (1996)			Bravo	Law & Order		Without a Trace		Mary R
	294 650 40 WPCH	MLB Baseball		Fam. Guy	Fam. Guy	Seinfeld	Frasier	Out for Justice ★★ (1991)		
	626 547 41 COM	Just-Gags	Comics!	Air Farce	22 Min	Laughs	Mercer	Simpsons	S. Park	VIP
	- 539 42 TCM	(6) Jaws		(8:15) Spielberg on Spielberg				Poltergeist (1982, Horror)		
	628 584 43 SPIKE	TNA iMPACT! (N)				The Ultimate Fighter		84 Countdown		Videos
	522 516 45 HIST	Disasters	Mastrmnd	NCIS		Total War		Total War		NCIS
	627 528 46 SPACE	Star Trek Gen.		Night Stalker		Stargate SG-1		Star Trek: Voyager		Enterprise
	- - 47 AMC	(6) Jurassic Park (1993)				(8:45) King Kong ★★ (1976, Fantasy) Jeff Bridges.				
cable variety	619 525 49 TROP	Inside Box	Vanity	Inside Hollywood		ET	What	Fam. Guy	Seinfeld	Seinfeld
	600 564 50 HGTV	Disaster	Big Flip	Handyman Superstar		Holmes on Homes		Restaurant Makeover		Disaster
	501 391 52 CTV	CTV Newsnet		News	CTV News	News	CTV News	News	News	News
	504 508 70 BNN	Squeeze Play		Market Call		Business News		Market	Legal	Squeeze
	526 507 92 CLT	By Way of the Stars		Traders		The West Wing		The District		By Way
	269 350 93 APTN	First Talk	News	Raven Tls	Wapos	Canadian Geographic		Reel Insights		The Mix
	- - 94 MCP	News	News	The Land	Daughters	Vancouver	Main	Teri Meri	Sadabahar	Mor Deo
	571 581 100 MMM	Popaganda		Uncovered	Back In	Listed		Simmons	Simmons	Johnny
	570 580 101 MM	Muchmusc	Born to Be	Messed Up		Punk'd	Gone Wild	The O.C.		Pussycat
	581 566 102 MTV	The Real World		Made (N)		MTV Live		The Real World		Made

critics' corner

Spielberg on Spielberg
Hitchcock did suspense, Lucas does sci-fi, Scorsese does gritty human dramas, and Spielberg does ... well, everything. In this special, the prolific director of "Jaws," "E.T. the Extra-Terrestrial," "Saving Private Ryan," "Schindler's List" and so many more great movies shares his thoughts on film in general and his work in particular, including the equipment malfunction he credits with making an extra $175 million for "Jaws." 8:15 PM on TCM

So You Think You Can Dance
"American Idol" is over for another season, but if you like star-making competitions, its dance counterpart is back for another season. Like "Idol," it starts out presenting the highlights and lowlights from auditions around the country, so if you enjoy watching the clueless untalented make fools of themselves on national television, now's the time to watch. Cat Deeley returns as host. 9 PM on CFCN

Ugly Betty
Henry, your timing needs work. In the season finale, Betty (America Ferrera) gets a romantic offer from Gio (Freddy Rodriguez) and a visit from Henry (Christopher Gorham), who has his own proposition for her. Wilhelmina (Vanessa Williams) tries to strike out supermodel Naomi Campbell (guest starring as herself) at a softball game between Mode and Elle. Real-life Elle editors Joe Zee and Robbie Myers also guest star in "Jump." 9 PM on CKAL KXLY

Last Comic Standing
So you think you can crack people up? Season six of the competitive reality series for comedians has something new: celebrity talent scouts. In the opener, Richard Belzer ("Law & Order: Special Victims Unit") and Steve Schirripa ("The Sopranos") monitor the auditions in New York, while Kathy Najimy ("King of the Hill") and Fred Willard ("Back to You") are at the tryouts in Tempe, Ariz. Bill Bellamy returns as host. 9:30 PM on CICT

controversy

Nas tones down album's name

Nas

RELEASE Rapper Nas has ditched his controversial plan to call his new album N*gger.

"It's important to me that this album gets to the fans," Nas said in a statement, referring to likely problems promoting and distributing the album.

"The people will always know what the real title of this album is and what to call it."

The untitled project will be released July 1 via Def Jam.

Last year, Nas announced the original title in response to the stir caused by former CBS radio host Don Imus' comments toward the Rutgers women's basketball team. But he recently told MTV that he was being pressured to change the title.

His last album, 2006's Hip-Hop Is Dead, has sold 757,000 copies in the U.S., according to Nielsen SoundScan.

REUTERS

»news

In Brief

» **TV** Top reality producer Mark Burnett is venturing into TV animation. The Survivor Svengali has signed a deal with popular online animation website Liquid Generation to develop cartoon TV comedies — both original and based on existing content. Under the pact, Mark Burnett Prods. will produce Liquid Generation's first three TV projects, including originals Witness Protection and Rapper in Chief. Visitors at Liquid Generation, in business since 2000, can find out if they are more drunk than soul singer Amy Winehouse, or try to match breasts with their famous owners.

» **IDOL** American Idol contestant Josiah Leming has signed with Warner Bros. Records. His booting from Idol came as a surprise, as the show's producers had invested a serious amount of time detailing his back-story. Leming, 17, left home to pursue a musical career and lived in his car as he tried to support his out-of-work father and ill mother.

REUTERS

THAT'S WHY WE HAVE CANADA'S MOST AFFORDABLE RATES.
For a limited time, get no system access fee[1] and plans as low as $15 a month[2]. Together with our long-time offer of per-second billing[3], it all adds up to Canada's most affordable rates[4].
Solo mobile
solomobile.ca 1 877 999-SOLO

Available at the following Solo Mobile kiosks:

CALGARY
Marlborough Mall
Sunridge Mall

EDMONTON
Bonnie Doon
Edmonton City Centre East
Southgate Centre
West Edmonton Mall

Available at the following Bell stores:

CALGARY
509 2nd St. SW
1002 17th Ave. SW
9650 Harvest Hills Blvd. NE
Beacon Hill Centre
Calgary Eaton Centre
Chinook Centre
City Centre
Crowfoot Crossing
Deerfoot Meadows
Deerfoot Outlet Mall (kiosk)
Market Mall
Marlborough Mall (kiosk)
North Hill Shopping Centre (kiosk)
Northland Village
Shawnessy Village
Southcentre Mall
Southcentre Mall (kiosk)
Southpointe Shopping Centre
Sunridge Mall
Westbrook Mall (kiosk)

CANMORE
105 802 Bow Valley Trail

EDMONTON
184th St. at Stony Plain Rd
3918 White Mud at 17th St.
6143 28th Ave.
9774 170th St.
10103 107th Ave.
10157 - 101 St.
12804 82nd St.
14808 Stony Plain Rd.
Bonnie Doon
Edmonton City Centre
Edmonton City Centre (kiosk)
Kingsway Garden Mall
Londonderry Mall
Mill Woods Town Centre
Northgate Centre (kiosk)
Sherwood Park Mall
South Edmonton Common
Southgate Mall (kiosk)
St. Albert Centre
St. Albert Trail at 137th Ave.
Terwilleger Gardens
West Edmonton Mall
Westmount Centre
Whyte Avenue at 107th St.

EDSON
330 45th St.

FORT MCMURRAY
19 Riedel St.
Peter Pond Shopping Centre

GRANDE PRAIRIE
Prairie Mall

LEDUC
4916 50th Ave.

LETHBRIDGE
Lethbridge Smart Centres
Park Place

LLOYDMINSTER
Lloyd Mall

MEDICINE HAT
Carry Drive Plaza
Medicine Hat Mall (kiosk)

RED DEER
Bower Place Shopping Centre
Parkland Mall

SPRUCE GROVE
Creekside Centre

Also available at:
WAL★MART
booth
((WIRELESSWAVE))

Offer ends June 30, 2008 in Alberta and BC. Subject to change without notice; not combinable with other offers. Taxes extra. Not available at all Wal-mart stores. Other conditions apply. (1)With a new activation with a minimum 1 year term agreement on any monthly voice plan. No monthly system access fee bonus applies during the initial contract term. (2)With a new activation with a minimum 30 day term agreement. (3)With new activation on a monthly voice plan. Applies to local calls. (4)Based on certain monthly plan rates, per-second billing on local calls, and access to a coast-to-coast network, with a min. 2-yr contract term on a Solo Mobile monthly plan; excluding promotional and long distance rates, details at solomobile.ca. Solo and Solo Mobile are trademarks of Bell Mobility Inc.

Fame no longer so unattainable

ON TV

SANDY CAETANO
sandy.caetano@metronews.ca

On the heels of last night's finale of American Idol, is the beginning of the fourth season of Fox's So You Think You Can Dance, making its two-hour premiere tonight.

And that means viewers going back to their phones to vote for who they want to come out this season's winner.

So what exactly is it about these reality shows that have thousands upon thousands of people lining up to audition?

Whether it's American Idol or Canadian Idol, or So You Think You Can Dance — it's all about getting five minutes of fame. Today's younger generation is so obsessed with Hollywood and its stars, they want to be a part of that any way they can.

In a survey taken from Fame Junkies by author and reporter Jake Halpern (Houghton Mifflin, Jan 2007), he found that most teenagers would prefer to be a celebrity than be smart.

Of the 650 teenagers who took part in the survey, 43.4 per cent said they would rather be a personal assistant to a very famous singer or movie star than be a president of a university like Harvard or even a United States senator.

"In the future everyone will be world-famous for 15 minutes," said Andy Warhol in 1968, and he was right. Just take a look around you — just about anyone can achieve it.

Even the viewers voting for the winners of these reality shows aren't professionals, most probably have no expertise in singing or dancing fields.

> « *Today's younger generation is so obsessed with Hollywood and its stars, they want to be a part of that any way they can.* »

The whole obsession with being famous is getting out of hand, so much so that people are blogging, getting themselves on YouTube and creating their own MySpages.

Take Perez Hilton. Who is this guy? He became famous because of his celebrity blog site that covers celebrity gossip. Now he's known as a famous blogger and personality.

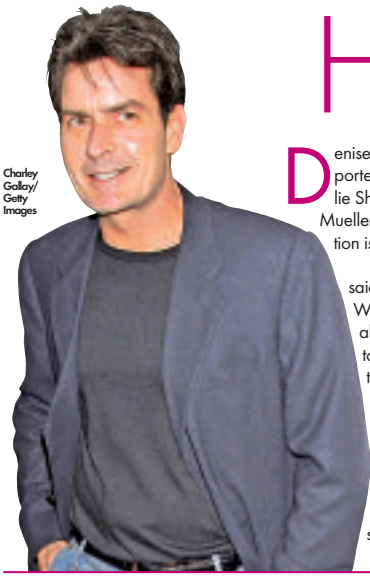
We certainly can't forget about the hotel heiress herself, Paris Hilton, and her rise to fame. So her family owns a chain of hotels — still, there's no reason for Hilton to be one of the most sought-out stars by the paparazzi.

That was until the release of her sex tape — that was what threw her into the eyes of the media. Hilton has dabbled in reality TV, acting, singing and modelling, and has her own clothing line and her own fragrance.

Catch So You Think You Can Dance on CTV or on Fox.

Sandy Caetano covers reality shows and has interviewed stars like Leanne Rimes, Lionel Richie, Paul Anka, Good Charlotte and more.

celebritybuzz



Charley Gallay/ Getty Images

He said She said

Denise Richards says an email purported to be from her to ex Charlie Sheen's now-fiancee Brooke Mueller asking for his sperm donation is "not legitimate."

"It's a doctored e-mail," she said on the Today show Wednesday when asked about the e-mail, which came to light during her divorce battle with Sheen. "I would never send an e-mail to [Mueller], and, at the time of that e-mail, I was with [Richie Sambora]. If I wanted anybody's sperm, I'd have asked for Richie's," she said. Sheen said in a statement to Today that Richards' claims are "absurd."

"The mere fact that she continues to publicly discuss and harass both Brooke and me three years after our separation which, for the record is longer than the actual length of the marriage, is beyond desperate and speaks volumes," he said. Sheen added: "I will no longer sit back and be egregiously painted as a liar. If any proof can be established that these are not in fact her words and statements verbatim, I openly invite her and would even encourage Ms. Richards to sue me in a court of law." On Tuesday, Richards also blamed the media for her breakup with Sambora, saying they suggested she came between the musician and his ex-wife, Heather Locklear. "They (Sambora and Locklear) were getting divorced; he and I were friends and it happened," Richards told Larry King. "And she had moved on. She was already involved with someone else at the time. It (the press coverage) affected, I think, the circumstances. It was very difficult to sustain a relationship. We were so slammed in the press ... but I did not split up their marriage."

Metro News Services

Mark Mainz/ Getty Images

Whitney cleared

A judge in Hawaii has dropped misdemeanour drug charges against Whitney Houston. According to *imdb.com*, the judge has dropped charges, which related to an incident in 2000 when she was suspected of possessing marijuana while going through a Hawaiian airport with ex-hubby Bobby Brown. Houston's record label has said she's been free from illegal substances for three years now.

Metro News Services

Frederick M. Brown/ Getty Images

Jana Birchum/ Getty Images

Is Billy Bob buggin'?

Billy Bob Thornton is at the centre of a bizarre new police report filed by his former sister-in-law, according to *Tmz.com*. Elysabeth Cherniak claims the actor has bugged her home and regularly sends her insulting e-mails. According to a LAPD report she filed, Thornton has been harassing Cherniak – the sister of the actor's fourth wife Pietra – for almost two years. A spokesman for the actor says, "Billy doesn't use e-mail and never has. Anyone who knows him would know that."

Metro News Services

Frederick M. Brown/ Getty Images

Alba cashes in, weds in secret

Jessica Alba married Cash Warren in a secret ceremony on Monday. The 27-year-old actress's representative Brad Cafarelli has confirmed to *People.com* a wedding took place, but no other details were made available. Alba is currently eight months pregnant with their first child. The Fantastic Four actress recently said of her relationship with Warren, whom she met on the set of the 2005 superhero movie, "It wasn't lust, or 'this is my soul mate'. It was, 'Oh, I'm going to know you for the rest of my life.' It was easy."

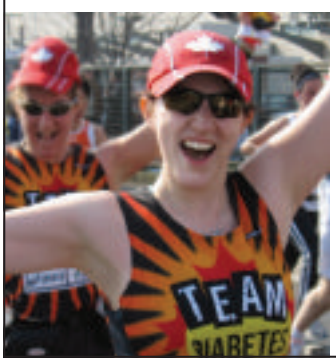
Metro News Services

Make a change in your life and the lives of people living with diabetes.

WALK OR RUN with TEAM DIABETES

TEAM DIABETES CANADA

Canadian Diabetes Association



Walk or run a full or half marathon or shorter distance race in over seven exciting international locations. Team Diabetes prepares you for the physical challenge and helps you achieve your fundraising and training goals.

Event locations:

HSBC Calgary Marathon
July 6, 2008

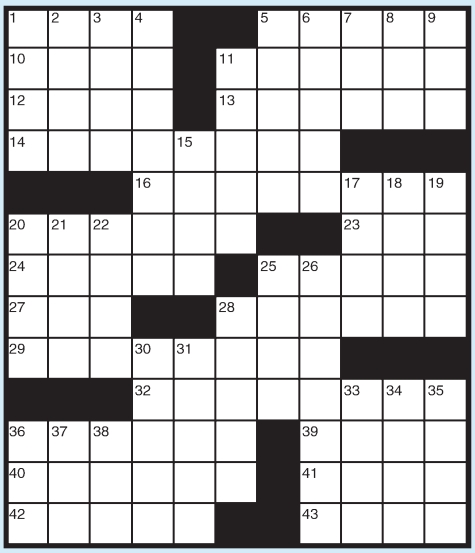
Honolulu
December 14, 2008
Register by: June 27, 2008

Walt Disney World Marathon
January 10 & 11, 2009
Register by: August 8, 2008

Prague
May 2009
Register by: October 10, 2008

Gold Coast - Australia
July 2009
Register by:
October 24, 2008

Be part of a team that's making a difference. Visit **teamdiabetes.ca** or call **Wendy at 403-266-0620 Ext. 107** today for details.



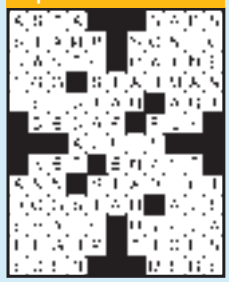
down

1 "In your dreams!"
2 Singer Mitchell
3 "East of Eden" brother
4 Magazine order
5 Informal language
6 In shape
7 Goal
8 Stir
9 Fellows
11 Duck hunter's cover
15 Pocket stuff
17 Like some tea
18 Muse count
19 Olympus group
20 African serpents
21 Grand
22 Damage
25 Base group
26 "Sesame Street" group
28 Throb
30 Barber a bush
31 Bess's love
33 Vaccine variety
34 Country singer McCann
35 Pup's plaint
36 Ancient
37 Dove cry
38 Golf goal

across

1 Cracked
5 Iron output
10 Ticked off
11 Towhead
12 A party to
13 Michael of "Bonanza"
14 Subtle distinction
16 Noisy do
20 Close
23 AFL affiliate
24 Commandment verb
25 Make better
27 — favour
28 Prissy ones
29 Basement device
32 Plump
36 Happens
39 Huron neighbour
40 Hotel area
41 Like Lincoln
42 Happy colleague
43 Sign of freshness

previous answer



HOROSCOPE

ARIES | March 21-April 20
A stunning defeat will sadden a loser. A woman will tell a lie for good reasons. You need to recuperate from a risky deed.

TAURUS | April 21-May 21
Be calm with a brash admirer. Dealing with roadwork becomes vexing. Be discreet with a money-making scheme.

GEMINI | May 22-June 21
Making progress will ease your stress. An unexpected sight has you in a tizzy. Help someone out of a financial bind.

CANCER | June 22-July 22
Watch out for wonderful opportunities. Poor conduct will be laughed off. Friends will force you to reassess your life.

LEO | July 23-Aug. 23
Change your mind about making demands. Avoid a confrontation with a bore. A sensational find will cause some healing.

VIRGO | Aug. 24-Sept. 22
An authority figure wants to help out. A new path will alter your love life. Step in to rescue difficult people.

LIBRA | Sep. 23-Oct. 23
Anxiety about a miserable situation will subside. An important person's power will be decreased. Physical discomfort can be relieved.

SCORPIO | Oct. 24- Nov. 22
Reconciliation between workers takes place. You'll be able to endure tremendous emotions. An aversion is clear to everyone.

SAGITTARIUS | Nov. 23- Dec. 21
A profound meaning will be found. Someone will fail to agree with you. Simply ignore an unsophisticated comment.

CAPRICORN | Dec. 22-Jan. 20
A wimpy male has an exciting tale. Understanding will free you from a promise. A lover gets a lesson in emotions.

AQUARIUS | Jan. 21-Feb. 18
An idea will bring out the best in a male. Freedom is declared by a former coward. Avoid impulsively casting blame.

PISCES | Feb. 19-Mar. 20
Don't demand agreement from strangers. Being helpful will lead to news. A marriage is followed by a strange reaction.

AVATAR VENUS

instructions

The digits 1 through 9 will appear exactly once in each row, and each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

		3				1		
	7		9		2		8	
5	4						7	3
		2	3		1	6		
4								9
		5	4		7	8		
1	3						4	8
	5		1		8		6	
		8				9		

solve time

Under 13 minutes	Genius
13-17 minutes	Scholar
17-21	Smart
21-25	Pretty good
More than 25	Keep practising

previous answer

1	4	5	9	8	3	6	2	7
3	9	8	2	6	7	5	4	1
2	6	7	4	1	5	9	3	8
9	3	4	8	5	2	1	7	6
7	1	6	3	9	4	8	5	2
5	8	2	6	7	1	3	9	4
8	7	3	1	2	9	4	6	5
6	5	9	7	4	8	2	1	3
4	2	1	5	3	6	7	8	9

This Day IN HISTORY

May 22, 1992: After 30 years, 66-year-old Johnny Carson hosts The Tonight Show for the last time.

May 22, 1990: The Windows 3.0 operating system is released by Microsoft.

May 22, 1960: An earthquake measuring 9.5 on the moment magnitude scale, now known as the Great Chilean Earthquake, hits southern Chile. It is the most powerful earthquake ever recorded.

Metro News Services

Calgary weather

The Weather Network
theweathernetwork.com

Afternoon	Tonight	Friday	Saturday	Sunday
100%	80%	60%	60%	60%
Rain. 7°	Rain. Low 5°	Showers. 12°/ 7°	Rain. 13°/ 8°	Rain. 15°/ 6°

Temperature
Normals
High: 17.5°
Low: 3.6°

Records
High: 31.1°/1919
Low: -4.4°/1931

Sunrise: 5:35 a.m.
Sunset: 9:30 p.m.
Moon does not rise
Moonset: 6:46 a.m.

TWN incorporates MSC data

Airdrie Chrysler's MAY 200 EVENT

200 CARS SOLD FOR UNDER $200 PER MONTH

Get your choice of a new Chrysler, Dodge or Jeep vehicle from Airdrie Chrysler for

LESS than $200 per month*

New 2008 Dodge CALIBER SXT

$99 per month

0815484

New 2008 Dodge GRAND CARAVAN

$188 per month

0816143

New 2008 Chrysler SEBRING Touring

$199 per month

0815498

New 2009 Dodge Journey SXT

$199 per month

0915970

New 2008 Chrysler SEBRING Convertible

$199 per month

0897531

New 2008 Jeep PATRIOT 4x4

$199 per month

0897246

New 2008 Jeep COMPASS LTD 4X4

$199 per month

0816131

New 2008 Dodge DAKOTA EXT CAB 4x4

$199 per month

0815886

New 2008 Jeep WRANGLER

$199 per month

0816115

New 2008 Jeep COMPASS

$188 per month

0897123

New 2008 Dodge RAM TRX4

$194 per month

0816113

New 2008 Jeep WRANGLER UNLIMITED

$199 per month

0816116

AIRDRIE

CHRYSLER DODGE JEEP SPRINTER

139 East Lake Cres., Airdrie

1-877-429-8593 airdriechrysler.com

0102-8491S901

Payments reflect monthly Gold Key Lease payment with $4900 trade-in value or cash equivalent and All reabates to dealer 0 Down available OAC. Excludes GST. All units subject to prior sale and may not be exactly as illustrated. Come and see us today for all the information. AMVIC Licensed